



OSTEOPOROSIS

& OTHER METABOLIC BONE DISEASES

*A clinical training course organised by the
Bone Research Society*

18-20 March 2019
Merton College, Oxford, UK

PROGRAMME

FACULTY AND ORGANISING COMMITTEE

Chairs:

Professor Tash Masud, Consultant Gerontologist, Nottingham University Hospital NHS Trust

Professor Jon Tobias, Consultant Rheumatologist, North Bristol NHS Trust

Professor Bo Abrahamsen, Consultant Endocrinologist, Holbæk Hospital, Holbæk, Denmark

Dr Emma Clark, Rheumatology & Osteoporosis Consultant at North Bristol NHS Trust

Professor Cyrus Cooper, Consultant Rheumatologist, Southampton University Hospitals NHS Trust & Chair of Musculoskeletal Science at the University of Oxford

Dr Adam Darowski, Consultant Geriatrician, Oxford University Hospitals NHS Trust

Dr Kassim Javaid, Consultant Rheumatologist, Oxford University Hospitals NHS Trust

Dr Richard Keen, Consultant Rheumatologist, Stanmore

Dr Nicola Peel, Consultant Physician and Honorary Senior Clinical Lecturer in Metabolic Bone Medicine, Sheffield

Professor Mike Stone, Consultant Physician & Director of Bone Research, University of Cardiff

Mr David Wilson, Consultant Musculoskeletal Radiologist, Oxford

MONDAY 18 MARCH - OSTEOPOROSIS

10:30	REGISTRATION
11:00	Welcome
11:05	Basic bone biology <i>Jon Tobias (Bristol)</i>
11:50	Epidemiology of osteoporosis <i>Cyrus Cooper (Oxford & Southampton)</i>
12:35	LUNCH
13:45	Update on osteoporosis therapies <i>Tash Masud (Nottingham)</i>
14:30	Secondary osteoporosis <i>Nicola Peel (Sheffield)</i>
15:15	Practical issues in treating osteoporosis <i>Richard Keen (Stanmore)</i>
15:45	REFRESHMENT BREAK
16:15	Case-based discussion <i>Richard Keen (Stanmore)/Tash Masud (Nottingham)/Nicola Peel (Sheffield)/Jon Tobias (Bristol)</i>
17:00	Safety issues with osteoporosis treatments <i>Bo Abrahamsen (Holbæk)</i>
17:45	END OF SESSIONS
19:00	DINNER (Merton College)

TUESDAY 19 MARCH – ASSESSMENT, SERVICE DEVELOPMENT, FALLS AND METABOLIC BONE DISEASE

- 08:45 **Renal bone disease**
Mike Stone (Cardiff)
- 09:30 **Other metabolic bone diseases, including Paget's disease**
Richard Keen (London)
- 10:00 **Management of hypercalcaemia and hyperparathyroidism**
Mike Stone (Cardiff)
- 10:45 REFRESHMENT BREAK
- 11:15 **Workshops on clinical issues in management of metabolic bone diseases**
- Interpreting and reporting DEXA scans**
Jon Tobias (Bristol)
- Case-based discussions in metabolic bone disease**
Richard Keen (Stanmore)
- Bone markers**
Nicola Peel (Sheffield)
- 13:00 LUNCH
- 14:00 **Workshops on assessment and service development**
- Uses and abuses of Fracture Prediction Tools**
Richard Keen (Stanmore)
- Fracture Liaison Services**
Kassim Javaid (Oxford)
- Service development**
Jon Tobias (Bristol)
- 15:45 REFRESHMENT BREAK
- 16:15 **Osteoporosis and link with sarcopenia, frailty and nutrition**
Tash Masud (Nottingham)
- 16:45 **Falls prevention, assessment and management strategies**
Adam Darowski (Oxford)
- 17:15 END OF SESSIONS
- 19:00 RECEPTION and COURSE DINNER (St Peters' College)

WEDNESDAY 20 MARCH - MISCELLANEOUS

- 08:30 **Radiology**
David Wilson (Oxford)
- 09:00 **Vertebral fractures**
Emma Clark (Bristol)
- 09:30 **Practical Workshops**
- Expect the unexpected in your clinic: includes bring your own cases¹**
Bo Abrahamsen (Holbæk)
- Early onset osteoporosis, including anorexia**
Emma Clark (Bristol)
- Lifestyle factors in osteoporosis**
Tash Masud (Nottingham)
- 11:15 REFRESHMENT BREAK
- 11:45 **Osteomalacia**
Kassim Javaid (Oxford)
- 12:10 **The benefits and harm of calcium and vitamin D in treating osteoporosis**
Bo Abrahamsen (Holbæk)
- 12:35 **Non pharmacological treatments for osteoporosis**
Tash Masud (Nottingham)
- 13:00 LUNCH AND CLOSE OF COURSE

¹If you are able to bring your own case along, please do this by sending either a half page case history or 3 powerpoint slides to events@boneresearchsociety.org no later than 10 March. We will let you know before the course if your case will be included.