



FREE Medical Conference 8th Practical Management of Osteoporosis **CONFERENCE 2019**

Tuesday 10th December 2019 Bournemouth

The following companies have given funding towards the cost of this meeting but have no input into the agenda or content. Staff from these companies will be present at the meeting and may have a stand promoting their products:

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Attend the conference and gain CPD points

www.osteodorset.org.uk/practical-management

OD Osteoporosis
Dorset
prevention through education

11 Shelley Road, Bournemouth
Dorset, BH1 4JQ
Phone 01202 443064
Registered Charity No: 1023507

Annual medical conference

Day two

FREE Medical Conference 8th Practical Management of Osteoporosis **CONFERENCE 2019**

A free medical meeting for NHS Medical staff working in the South

Education Centre, The Royal Bournemouth Hospital
Castle Lane East, Bournemouth, BH7 7DW

DATE: 10th December 2019

TIME: 9:20am - 4:50pm (registration from 8:15am)

CPD 7 Credits (applied for)

GP Tutor Accredited Education (A-0876)



Annual medical conference

Day two

Osteoporosis Dorset looks forward to welcoming you to Bournemouth for the 8th Practical Management of osteoporosis conference taking place at the Education centre in The Royal Bournemouth Hospital on 10th December, 2019. Once again the conference will provide an innovative and dynamic programme, hosted by the Rheumatology Team in Dorset.

Osteoporosis affects almost three million people in the UK, with one in two women and one in five men over the age of fifty breaking a bone because of poor bone health each year. As our national life expectancy increase so will the prevalence of this chronic disease, which currently costs the NHS more than £2.3 billion per year.

Unique conference will give you:

- An Unrivalled opportunity to increase your knowledge in bone disease
- Learn from internationally renowned experts about cutting-edge advances in osteoporosis and bone disease
- An opportunity to ask questions from key experts. Interact and network with a large multidisciplinary audience, exchange ideas and experiences and discover how to tackle complex clinical challenges
- An unmissable event for personal and professional development

So please join us, learn from experts and update your personal Continuing Professional Development records.



3 EASY WAYS TO BOOK YOUR FREE PLACE



Complete and return the registration form



01202 443064



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A free medical meeting for NHS medical staff

7th Practical Management of Osteoporosis

CONFERENCE 2019

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08:15 **Registration in reception and coffee and tea in exhibition room**

09:20 **Welcome**
Dr Ciaran Dunne, Christchurch Hospital

PLENARY SESSION ONE

CHAIR: Dr Ciaran Dunne, Christchurch Hospital

09:30 **Bone Biology**
Dr Elizabeth Curtis, Wellcome Trust Clinical Research Fellow Rheumatology, MRC Lifecourse Epidemiology Unit, University of Southampton, Southampton General Hospital
Questions to Elizabeth

10:00 **Expect the unexpected in your clinic: some interesting cases**
Dr Mike Stone, Consultant Physician & Director of Bone Research, Bone Research Unit, Cardiff University Academic Centre, University Hospital Llandough, Penarth
Questions to Mike

10:35 **Vitamins, nutrition and bone health**
Dr Terry Aspray, Consultant Physician & Director of the Bone Clinic, Regional Centre for metabolic bone disease and osteoporosis, Freeman Hospital, Newcastle
Questions to Terry

11:10 **Coffee and tea break and homemade cakes in exhibition room**

PLENARY SESSION TWO

CHAIR: Ms Jane Raleigh, Royal Osteoporosis Society

11:45 **Practical issues in treating osteoporosis**
Dr Richard Keen, Consultant Rheumatologist & Honorary Senior Lecturer in Metabolic Bone Disease, The Royal National Orthopaedic Hospital, Stanmore
Questions to Richard

12:15

12:20

Update on osteoporosis therapies
Professor Elaine Dennison, Musculoskeletal Epidemiology and Honorary Consultant Rheumatologist, University of Southampton, Southampton General Hospital, Southampton
Questions to Elaine

12:50

12:55 **Hot lunch in exhibition room**

PLENARY SESSION THREE

CHAIR: Mrs Lisa Perkins, Dorset Healthcare

14:00 **Exercise for falls prevention: what works?**
Dr Susan Dewhurst, Senior Lecturer in Exercise Physiology, the Department of Sport and Physical Activity, Bournemouth University

14:30 **Questions tbc**

14:35 **Hip fracture, the ultimate challenge**
Dr Antony Johansen, Consultant Orthogeriatrician, University Hospital of Wales
Questions to Antony

15:05

15:10 **Grab a coffee in exhibition room**

15:30 **Practical approaches for pain management**
Dr Cathy Price, Consultant in Pain Medicine and Clinical Director Primary Care Services, Solent NHS Trust, Portsmouth
Questions to Cathy

16:00

16:05 **How to help vegans look after their bones**
Heather Russell, Dietitian, The Vegan Society, Birmingham
Questions to Heather

16:35

16:40 **Thanks and close**

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A certificate of attendance will be given to all

**WAYS TO
BOOK**

Online at:

www.osteodorset.org.uk/practical-management

Telephone:

01202 443064

Email this form to:

mail@osteodorset.org.uk

Fax form to:

01202 443065

Delegate Details (There is no charge to attend this conference):

Title (Dr, Mr, Ms etc)

Forenames

Surname

Job Title

Address (work)

Postcode

Telephone (day)

E-mail

Special Dietary Requirements