



8-9 December 2025
Osteoporosis Dorset's
annual medical conference
on **osteoporosis** and **bone health**

BOURNEMOUTH

A complimentary conference for NHS Medical staff

[osteodorset.org.uk](https://osteodorset.org.uk/annual-medical-conference/)
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Conference Programme

Conference information

Event

8-9 December 2025

A complimentary conference for NHS Medical staff on osteoporosis and bone health.

Venue

Education Centre

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

Conference website

osteodorset.org.uk/annual-medical-conference/

CPD 12 Credits (code: 153507)



Osteoporosis Dorset is delighted to welcome you to our annual two-day conference in Bournemouth. The conference will provide an innovative and dynamic programme, hosted by the Rheumatology Team in Dorset.

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



We hope you enjoy today's event and find it a valuable opportunity to expand your knowledge in bone disease.

To Facilitate Your Enjoyment of the Day

- On arrival, **coffee, tea and cakes** will be served in the **Exhibition Room**.
- The **conference will commence at 09:20**.
- **Free cold water** is available throughout the Education Centre.
- At **13:20**, a **hot buffet lunch** will be served in the Exhibition Room.
- If the Exhibition Room is full, please use **Seminar Rooms 1 and 2** for lunch and coffee breaks (see the Education Plan on page 10).
- Please take the opportunity to **visit the exhibition** during lunch and breaks.

General Information

On behalf of the organising committee, we extend our sincere thanks to all the companies who have supported this annual two-day conference.

A **list of exhibitors** can be found on **page 11**.

Please complete the **evaluation form** and place it in the **wire basket at the registration desk**; your feedback is greatly appreciated.

Certificates of attendance are available for all delegates at reception and can also be emailed upon

We're delighted to offer this free conference on osteoporosis, including lunch and CPD points. If you've enjoyed today's event and would like to support our work, we'd be so grateful for an optional donation. Your contribution helps us continue running educational events like this and supporting our mission to improve bone health for all.



Scan to donate

Monday 8 December

Day 1

WELCOME
09:20

Registration in reception and coffee and tea in exhibition room from 8:15am

Welcome / Introduction

Dr Adam Wheldon, University Hospitals Dorset, Poole

PLENARY
SESSION
ONE

Chair: Dr Adam Wheldon, University Hospitals Dorset, Poole

09:30

Keynote address

Barriers and solutions for global access to osteoporosis management: A Position Paper from the International Osteoporosis Foundation

Professor Nicholas Harvey, Director; Professor of Rheumatology and Clinical Epidemiology MRC Lifecourse Epidemiology Centre, University of Southampton & President, International Osteoporosis Foundation

10:00

Questions to Nick

10:10

Challenges of clinical trials for new osteoporosis medications

Professor Eugene McCloskey, Professor in Adult Bone Disease and Honorary Consultant, Department of Oncology and Metabolism, Metabolic Bone Centre, University of Sheffield

10:40

Questions to Eugene

10:50

Pregnancy Associated Osteoporosis

Professor Stuart Ralston, Versus Arthritis Professor of Rheumatology, Centre for Genomic and Experimental Medicine Institute of Genetics and Cancer, University of Edinburgh, Edinburgh

11:20

Questions to Stuart

11:30

Coffee and tea break and homemade cakes in exhibition room

Monday 8 December

Day 1

PLENARY
SESSION
TWO

Chair: Dr Madhavi Vindlacheruvu, Addenbrookes Hospital, Cambridge

12:00

Meet the experts session

Case-based discussions covering clinical scenarios:

Professor Eugene McCloskey, Professor in Adult Bone Disease and Honorary Consultant, Sheffield

Case 1: Managing Osteoporosis in a Patient with Multiple Comorbidities

Professor Stuart Ralston, Professor of Rheumatology, Edinburgh

Case 2: Treatment Sequencing and Transitioning Therapies

Professor Kassim Javaid, Associate Professor, Oxford;

Case 3: Drug Holidays and Long-Term Management Challenges

Professor Richard Keen, Consultant in Metabolic Bone Diseases, Stanmore

Case 4: The Younger Patient with Secondary Osteoporosis

13:20

Hot lunch in exhibition room

PLENARY
SESSION
THREE

Chair: Dr Fouz Rahmeh, University Hospitals Dorset, Poole

14:20

Rare bone diseases – Diagnosis, management and patient quality of life

Professor Kassim Javaid, Associate Professor, University Lecturer in Metabolic Bone Disease, University of Oxford

14:50

Questions to Kassim



Monday 8 December

Day 1

15:00

Managing vertebral fragility fractures: A case-based approach to treatment decisions

Dr Madhavi Vindlacheruvu, Consultant Orthogeriatrician, Addenbrookes Hospital, Cambridge

15:30

Questions to Madhavi

15:40

Grab a coffee/tea in the exhibition room

16:00

Secondary Osteoporosis in Young Adults: Diagnosis and Management

Professor Kassim Javaid, Associate Professor, University Lecturer in Metabolic Bone Disease, University of Oxford

16:30

Questions to Kassim

16:40

Managing Osteoporosis in the Obese and Diabetic Patient: Myths, Pitfalls, and Practice

Professor Chadi Rakieh, Consultant Metabolic Bone & Clinical Lead for Metabolic, The Robert Jones & Agnes Hunt Orthopaedic Hospital NHS Foundation Trust & Visiting Professor, University of Chester

17:10

Questions to Chadi

17:20

End of first day



Tuesday 9 December

Day 2

WELCOME
09:20

Registration in reception and coffee and tea in exhibition room from 8:15am
Welcome / Introduction
Dr Marco Massarotti, Consultant Rheumatologist, University Hospitals Dorset, Christchurch

PLENARY
SESSION
ONE

Chair: Dr Marco Massarotti, University Hospitals Dorset, Christchurch

09:30

Osteoporosis in men

Professor Peter Selby, Consultant Physician and Honorary Professor of Metabolic Bone Disease, Associate Medical Director, Manchester Royal Infirmary, Manchester

10:00

Questions to Peter

10:10

Anabolic Agents in Osteoporosis Management: Current Evidence and Future Directions

Professor Richard Keen, Consultant in Metabolic Bone Diseases, Royal National Orthopaedic Hospital, Stanmore

10:40

Questions to Richard

10:50

What's new in falls prevention

Professor Tahir Masud, Consultant Physician at Nottingham University Hospitals NHS Trust (NUH), Past President of the British Geriatrics Society (BGS). Nottingham

11:20

Questions to Tahir

11:30

Coffee and tea break and homemade cakes in exhibition room



Tuesday 9 December

Day 2

PLENARY
SESSION
TWO

Chair: Dr Peter Robinson, University Hospitals Dorset, Bournemouth

12:00

Dietary interventions for osteoporosis prevention and management

Dr Alexandra Mavroeidi, Reader and Head of Department of Allied Health Professions
School of Health & Life Sciences, Glasgow Caledonian University, Glasgow

12:30

Questions to Alexandra

12:40

From hormones to fractures: The bone health consequences of prostate cancer treatment

Professor Janet Brown, Professor of Translational Medical Oncology and Honorary Consultant in Medical Oncology, Head of the Academic Unit of Clinical Oncology, Deputy Director of the Mellanby Centre for Musculoskeletal Research, Division of Clinical Medicine, University of Sheffield, Sheffield

13:10

Questions to Janet

13:20

Hot lunch in exhibition room

PLENARY
SESSION
THREE

Chair: Dr Liz Knight, University Hospitals Dorset, Poole

14:20

Fighting Bone & muscle Loss with Food: The Role of Anti-Inflammatory Diets in Osteoporosis & Sarcopenia Prevention

Dr Ailsa Welch, Professor of Nutritional Epidemiology, Norwich Medical School, Centre of Population Health and Norwich Epidemiology Centre, University of East Anglia, Norwich

14:50

Questions to Ailsa



Tuesday 9 December

Day 2

15:00	<p>The role of exercise in prevention of osteoporotic fracture: Evidence and Application Professor Katherine Brooke-Wavell, Professor of Skeletal Physiology, Exercise and Ageing, School of Sport, Exercise and Health Sciences, Loughborough University, Leicestershire</p>
15:30	<p>Questions to Katherine</p>
15:40	<p>Grab a coffee/tea in the exhibition room</p>
16:00	<p>Managing long-term bisphosphonate therapy: When to Stop, Start or Switch Dr Katie Moss, Consultant Rheumatologist, St George's University Hospitals NHS Foundation Trust, London</p>
16:30	<p>Questions to Katie</p>
16:40	<p>DXA: Role, Pitfalls and Interpretation Dr Tehseen Ahmed, Consultant Rheumatologist, Royal National Hospital for Rheumatic Diseases, Bath</p>
17:10	<p>Questions to Tehseen</p>
17:20	<p>End of conference</p>

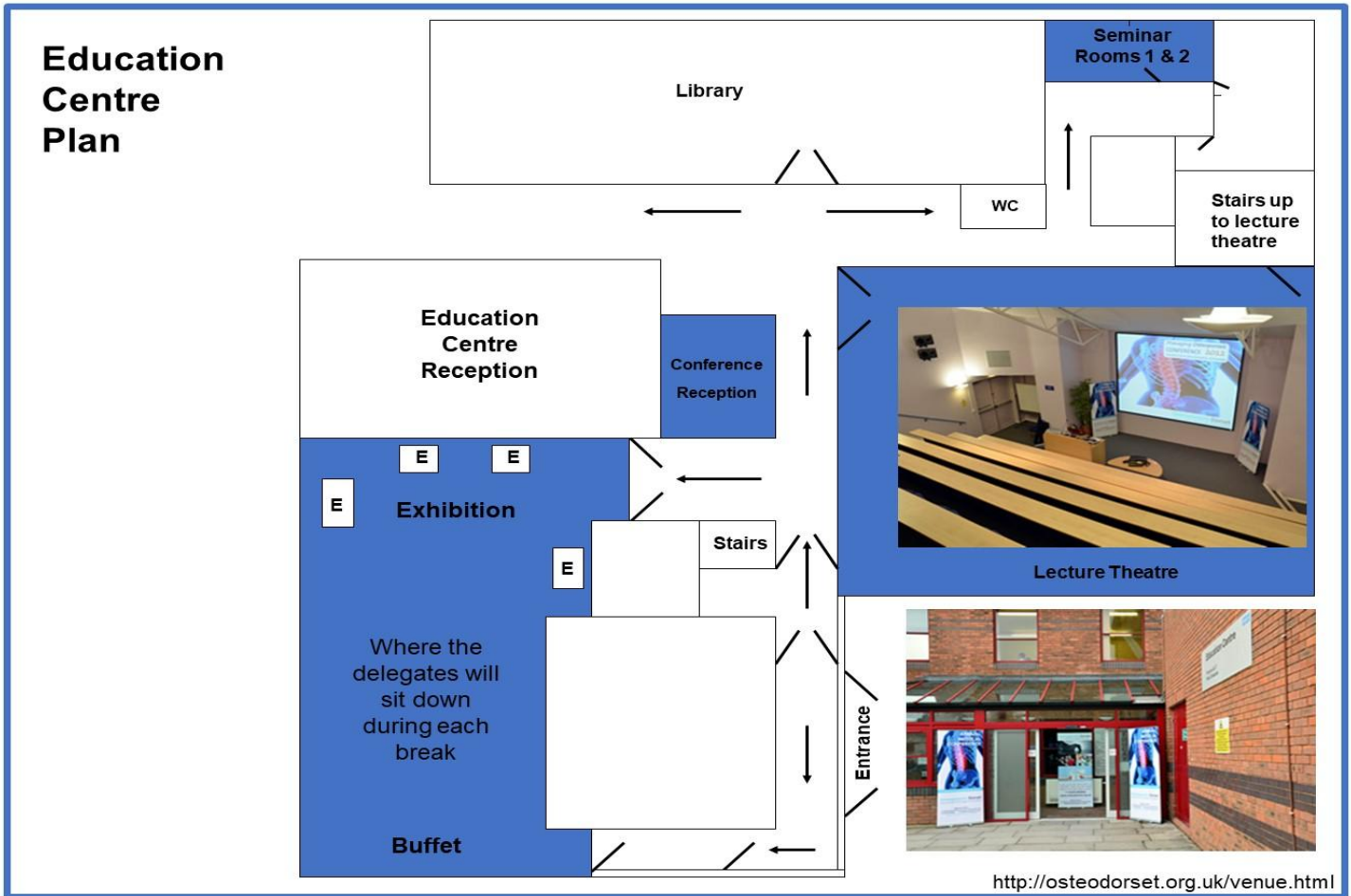
Online Conference Videos

Featuring the latest information on managing osteoporosis; presented by world-renowned speakers.

Prevention through education has been our rubric since our inception in 1992. The Charity is intending to produce videos that capture the innovative and dynamic programme of our two-day conference; providing you with an opportunity to recap and learn from our internationally renowned experts, at a time convenient to you.

By attending this year's conference each delegate will have free access to the online videos. You will be informed by email when they have been uploaded.





Exhibitors & Sponsors

The following companies have given funding towards the cost of the Charity's two-day annual medical conference; but have no input into the agenda or content. Staff from these companies will be present at the event and may have a stand promoting their products.





Registered Charity No: 1023507

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