OD Osteoporosis Dorset



7-8 December 2026

Osteoporosis Dorset's annual medical conference on **osteoporosis** and **bone health**

BOURNEMOUTH

A complimentary conference for NHS Medical staff

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

Conference **Programme**

Conference information



Event

7-8 December 2026

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 Credits (code: 156428)

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

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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 7 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**
What are the challenges in osteoporosis?
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 **Genetics of osteoporosis: From discovery to clinical practice**
Professor Stuart Ralston, Versus Arthritis Professor of Rheumatology, Centre for Genomic and Experimental Medicine Institute of Genetics and Cancer, University of Edinburgh, Edinburgh

10:40 **Questions to Stuart**

10:50 **DXA in clinical practice: Practical case studies using the new NICE osteoporosis guidelines**
Professor Karen Knapp, Professor of Musculoskeletal Imaging, University of Exeter

11:20 **Questions to Karen**

11:30 Coffee and tea break and homemade cakes in exhibition room

Monday 7 December

Day 1

PLENARY SESSION TWO

Chair: Dr Rachel Bradley, University Hospitals Bristol, Bristol

12:00 **Meet the experts: Difficult decisions in osteoporosis treatment**
Panel: Professor Stuart Ralston, Dr Zaki Hassan-Smith, Dr Rachel Bradley

Case 1: The patient who fractures despite treatment
Case 2: Sequential therapy after anabolic treatment
Case 3: Managing long-term bisphosphonate users
Case 4: The very high-risk patient
Case 5: The patient with multiple fractures but normal BMD
Case 6: Optimal management of osteopenia

13:20 Hot lunch in exhibition room

PLENARY SESSION THREE

Chair: Dr Fouz Rahmeh, University Hospitals Dorset, Poole

14:20 **Secondary osteoporosis: Recognising endocrine causes and optimising management**
Dr Zaki Hassan-Smith, Honorary Clinical Associate Professor & Consultant Endocrinologist, Department of Metabolism and Systems Science, University of Birmingham, Birmingham

14:50 **Questions to Zaki**



Monday 7 December

Day 1

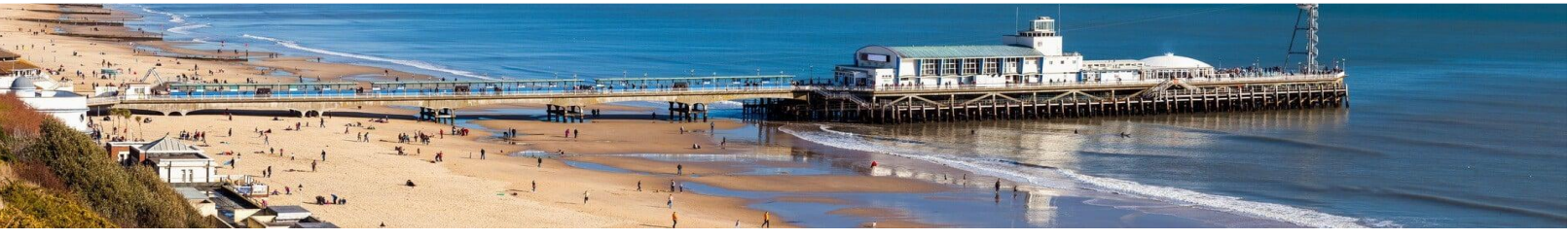
15:00	**Exercise for osteoporosis: Prescribing safe and effective programmes to improve bone health** Professor Karen Barker, Professor of Physiotherapy, Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences (NDORMS), University of Oxford
15:30	**Questions to Karen**
15:40	Grab a coffee/tea in the exhibition room
16:00	**Managing osteoporosis in steroids and inflammatory arthritis** 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
16:30	**Questions to Chadi**
16:40	**Reducing inequalities in osteoporosis care: Improving outcomes for diverse populations** Professor Elaine Dennison, Professor of Musculoskeletal Epidemiology and Honorary Consultant in Rheumatology, Medical Research Council Lifecourse Epidemiology Unit, University of Southampton, Southampton General Hospital, Southampton
17:10	**Questions to Elaine**
17:20	**End of first day**



Tuesday 8 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	**Implementing the new NICE osteoporosis guideline: How does it work alongside NOGG?** Professor Stuart Ralston, Versus Arthritis Professor of Rheumatology, Centre for Genomic and Experimental Medicine Institute of Genetics and Cancer, University of Edinburgh, Edinburgh
10:00	**Questions to Stuart**
10:10	**Optimising the osteoporosis care pathway: From first fracture to long-term management** Dr Rachel Bradley, Consultant in General, Geriatric & Orthogeriatric Medicine, University Hospitals Bristol and Weston NHS Foundation Trust, Bristol
10:40	**Questions to Rachel**
10:50	**Frailty, CGA and hip fractures: Individualising osteoporosis care** Dr Madhavi Vindlacheruvu, Consultant Orthogeriatrician, Addenbrookes Hospital, Cambridge
11:20	**Questions to Madhavi**
11:30	Coffee and tea break and homemade cakes in exhibition room



Tuesday 8 December

Day 2

PLENARY SESSION TWO

Chair: Dr Peter Robinson, University Hospitals Dorset, Bournemouth

12:00	**Nutrition for lifelong bone health: What really works?** Professor Kate Ward, Associate Dean International (Medicine), Professor of Global Musculoskeletal Health, Lifecourse Epidemiology Centre, Faculty of Medicine, University of Southampton, Southampton
12:30	**Questions to Kate**
12:40	**How not to miss a rare diagnosis: Recognising rare bone diseases and osteoporosis in younger patients** Professor Raja Padidela, Consultant Paediatric Endocrinologist & Metabolic Bone Diseases, Royal Manchester Children's Hospital & Honorary Clinical Chair, The University of Manchester, Manchester
13:10	**Questions to Raja**
13:20	Hot lunch in exhibition room

PLENARY SESSION THREE

Chair: Dr Fotini Soliotis, University Hospitals Dorset, Poole

14:20	**Beyond calcium and vitamin D: Osteoporosis supplements – evidence, myths and clinical practice** Professor Tom Hill, Professor of Human Nutrition & Deputy Head, Department of Sport Science and Nutrition, Maynooth University, Ireland & Visiting Professor, Newcastle University, Newcastle
14:50	**Questions to Tom**



Tuesday 8 December

Day 2

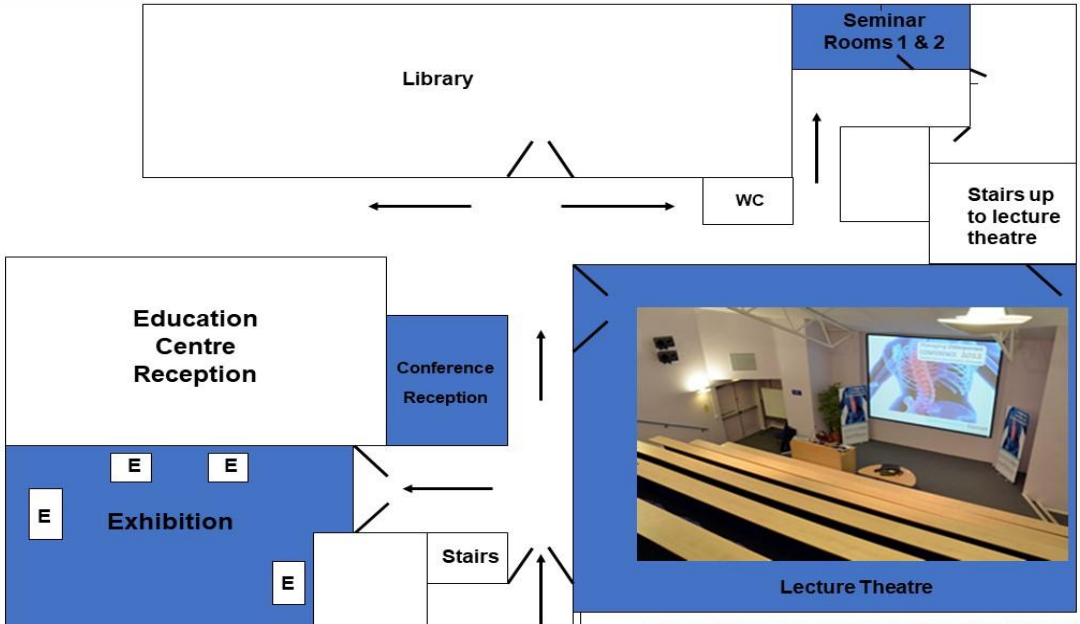
15:00	**Getting the best from osteoporosis medications** Dr Sarah Hardcastle, Consultant Rheumatologist, Royal United Hospitals Bath NHS Foundation Trust, Bath
15:30	**Questions to Sarah**
15:40	Grab a coffee/tea in the exhibition room
15:55	**Optimising fragility fracture risk assessment and management in people living with HIV** Dr Poojaa Ward, FY2 Doctor, University Hospitals Dorset NHS Foundation Trust, Poole Hospital and General Practice, Dorset
16:10	**Rehabilitation and activity in osteoporosis: A practical guide** Dr Julie Whitney, Lecturer in Physiotherapy, King's College Hospital NHS Foundation Trust
16:40	**Questions to Julie**
16:50	**Artificial intelligence and digital innovation in osteoporosis: Transforming diagnosis and fracture prevention** Dr Micheal O Breasail, Honorary Senior Research Fellow, Musculoskeletal Research Unit, University of Bristol, Southmead Hospital, Bristol
17:20	**Questions to Micheal**
17:30	**End of conference**

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.



Education Centre Plan





http://osteodorset.org.uk/venue.html



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.





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Registered Charity No: 1023507

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