



The **9th** Annual Meeting
Of The Lebanese Society
For The Osteoporosis
& Metabolic Bone Disorders

CME
CREDITS



PROGRAM

16 of March, 2019
Le Bristol Hotel, Verdun – Beirut

WELCOME LETTER

Dear colleagues,

It is a great pleasure to welcome you at 9th Annual meeting of OSTEOS that will be held on March 16 2019 at le Bristol Hotel Verdun beirut.

The osteoporosis is a disease which cause high morbidity and mortality, it interests many specialties: Endocrinology, rheumatology, orthopedic surgery, internal medicine family medicine, geriatrics etc.

The topics, this year, will cover multidisciplinary topics in osteoporosis as diabetes, vitamin D and calcium, pediatrics and adolescence, new drugs and new technologies.

This congress provides a unique environment you can meet the colleagues of others specialties and exchange the ideas about osteoporosis, its diagnosis, its treatment with eminent speakers from Lebanon and aboard.

On behalf of osteos and personally, I want to thank all speakers, I count on your active participation and I look forward to seeing you next year!

Georges Halaby, MD

OSTEOS President

COMMITTEES

President

Georges Halaby, MD

Immediate Past President

Faysal El Kak, MD

Vice President

Jad Okais, MD

General Secretary

Asma Arabi, MD, MSc

Treasurer

Walid Saghir, MD

Founding President

Ghada El Hajj-Fuleihan, MD, MPH

Executive Committee members

Asma Arabi, MD, MSc

Fady Haddad, MD

Kamel Mroueh, MD

Mona Osman, MD

Walid Saghir, MD

Scientific Committee

Asma Arabi, MD, MSc

Rafic Baddoura, MD, MPH

Maya Barake, MD, MSc

Marlene Chakhtoura, MD, MSc

Ghada El Hajj-Fuleihan, MD, MPH

Faysal El Kak, MD

Muhieddine Seoud, MD

Imad Uthman, MD

SPEAKERS

International

Kristina Akesson, MD, PhD, Lund University, Malmo, Sweden

Paul Lips, MD, PhD, Amsterdam University, Amsterdam, the Netherlands

Nicola Napoli, MD, PhD, Universita Di Roma, Rome, Italy

Nelson B Watts, MD, Mercy Health, Cincinnati, USA

Lebanese

Ali Abu-Alfa, MD

Asma Arabi, MD, MSc

Rafic Baddoura, MD, MPH

Maya Barake, MD, MSc

Marlene Chakhtoura, MD, MSc

Ghada El Hajj-Fuleihan, MD, MPH

Mira Merachli, MD

Mona Osman, MD

Imad Uthman, MD

SCIENTIFIC PROGRAM

08:00-08:50 **Registration and Welcome Coffee**

08:50-09:00 **Welcome Note**
OSTEOS President Georges Halaby

09:00-10:00 **Vitamin D Guidelines: Session in Collaboration with LSEDL**

09:00-09:15 Vitamin D Impact on Falls and Fractures **Paul Lips**

09:15-09:30 The ECTS 2019 Position on Vitamin D **Paul Lips**

09:30-09:45 Doses and Desirable Levels: Evidence from ME **Asma Arabi**

09:45-10:00 The Lebanese Vitamin D Guidelines: National Frame Work

Marlene Chakhtoura

Panel Discussion

10:00-10:30 **Best of ASBMR 2018 Nicola Napoli**

10:30-11:00 **Coffee Break**

11:00-12:30 **Risk Assessment and Closing the Care Gap**

11:00-11:30 FRAX Based Lebanese guidelines: Case Studies **Mona Osman**

11:30-12:05 Imminent fracture risk / Capture the Fracture / FLS Risk

Kristina Akesson

12:05-12:20 Vertebroplasty and Kyphoplasty **Kristina Akesson**

12:20-12:30 Q & A

12:30-13:30 **Symposium by Eli Lilly**

Importance of Diagnosing First Fragility Fracture and
Management to Prevent Re-Fracture **Imad Uthman**

13:30-14:30 **Lunch**

- 14:30-16:00** **Secondary Causes of Osteoporosis**
- 14:30-14:50 Diabetic Bone Disease **Nicola Napoli**
- 14:50-15:10 Glucocorticoid-Induced Osteoporosis **Mira Merachli**
- 15:10-15:30 Management of Patients on Aromatase Inhibitors
Nicola Napoli
- 15:30-15:50 CKD and Metabolic Bone Diseases **Ali Abu-Alfa**
- 15:50-16:00 Q & A
-
- 16:00-17:10** **Care Pathways for the Management of Osteoporosis**
- 16:00-16:20 Drug Holidays: When and for How Long?
Ghada El-Hajj Fuleihan
- 16:20-16:40 Sequential versus Combination Therapy **Nelson Watts**
- 16:40-17:00 Anabolic Therapy: Timing Matters **Nelson Watts**
- 17:00-17:10 Q & A
-
- 17:10-17:30** **Coffee Break**
-
- 17:30-18:30** **Master Clinician: Management of Challenging Cases**
Panelists **Kristina Akesson, Nelson Watts, Nicola Napoli,**
 Rafic Baddoura, Asma Arabi, Maya Barake
-
- 18:30-18:50** **Meeting Closure**

ACKNOWLEDGEMENT

The Lebanese Society for Osteoporosis and Metabolic Bone Disorders, Osteos, wishes to express its gratitude to the following companies

Major Sponsors



REGISTRATION FEES

Osteos Members	Free
Health Professionals	USD 35.00
Students	Free
Foreign Participants	USD 250.00

Include

CME Credits, Access to the Scientific Sessions, Access to the Exhibition Area, Congress Bag, Coffee Breaks and Lunch

www.osteos.org.lb