

WELCOME LETTER



Dear Colleagues,

It gives me all the pleasure to invite you to this year's annual OSTEOS meeting.

The scientific meeting is rich, diverse, and clinically relevant to all the specialties housed at OSTEOS. As the annual meetings are carried on, the legacy of multidisciplinary in clinical care grows with it to emphasize the value of life continuum approach in health care.

Bone health with its ramification into various life span activities and its impact on quality of life, as well as the importance given to prevention and healthy lifestyle, remain a crucial issue in maintaining optimal health across ages.

From birth to childhood and adolescence, to adult life and into the older age, bone health affects and is affected by many factors and considerations as well as medical conditions. This requires a long and continuous efforts in health promotion, prevention, and quality care.

A major landmark in this long path is the annual meeting that aimed to capture global and local improvement in the field of bone health and related topics across life span.

This year, OSTEOS annual meeting focuses on pediatric age, menopause period, cancer issues, and nutritional matters affecting bone health. In addition, the meeting takes a step further to look at VD epidemiology, assessment and dosing. The growing and evolving science in pharmacogenomics will also be addressed. Practical cases and "hands-on" clinical situations will be discussed to add to the clinical skills of the audience.

The meeting aims to provide colleagues in various specialties evidence- based skills that help them deliver the best of care in promoting health and wellness to patients and to the public. The meeting will also address the public to raise their awareness on bone health and essentials of prevention and wellness promotion.

I invite all colleagues from the Rheumatology, Endocrinology, Obstetrics & Gynecology, Orthopedics, Family Medicine, Internal Medicine and General Practice to save the date and join us in what is going to be a prestigious meeting in our beautiful capital city, Beirut.

Faysal El Kak MD, MS
OSTEOS President

Faculty

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André Uitterlinden PhD

Professor of Complex Genetics
Head of the Genetic Laboratory
Dept of Internal Medicine
Dept of Epidemiology
Dept of Clinical Chemistry
Erasmus MC, Netherlands

FRIDAY DECEMBER 5

08:30 - 09:00

Registration

Moderators

09:00 - 10:00

Mona Nasrallah, Rita Nemr

Updates on Vitamin D and Bone Health

09:00 - 09:25

Update on the recommendations for vitamin D assessment in relation to bone outcomes and pharmacological therapy

Rafic Baddoura

09:25 - 09:50

Desirable dosing and levels in MENA: Are IOM recommendations applicable? **Marlène Chakhtoura**

09:50 - 10:00

Q&A

10:00 - 10:30

Coffee Break

Moderators

10:30 - 12:35

Umayya Musharafieh, Assaad Taha

HRT/OP into the Next Decade

10:30 - 11:10

HRT therapies on horizon **John Stevenson**

11:10 - 11:50

Gene polymorphisms in osteoporosis in relation to fracture risk and pharmacological therapy **André Uitterlinden**

11:50 - 12:30

HRT & CVD: An update **John Stevenson**

12:30 - 12:35

Q&A

12:35 - 13:15

Lunch

Moderator

13:15 - 13:55

Nelly Ziade

Interesting Densitometry Cases **Sanford Baim**

13:55 - 14:00

Q&A

Moderators

14:00 - 14:45

Asma Arabi, Said Saghiyeh

Eli Lilly Symposium

Controversies in Osteoporosis Management **Aliya Khan**

Moderator

14:45 - 15:40

Georges Halaby

"IATROGENIC" Osteoporosis Nutrition and Drugs

14:45 - 15:10

SSRI **Ziad Nahas**

15:10 - 15:35

Carbonated beverages **Asma Arabi**

15:35 - 15:40

Q&A

15:40 - 16:00

Coffee Break

Moderators

16:00 - 17:50

Rafic Baddoura, Jihad Ezzedinne

Highlights of Bone Meeting

16:00 - 16:45

Make the first fracture the last fracture **Sanford Baim**

16:45 - 17:15

ASBMR 2014 long term BP task force **Ghada El Hajj Fuleihan**

17:15 - 17:45

Adult ISCD Position Development Conference **Sanford Baim**

17:45 - 17:50

Q&A

SATURDAY DECEMBER 6

08:30 - 09:00

Registration

Moderators

09:00 - 10:50

09:00 - 09:50

09:50 - 10:15

10:15 - 10:45

10:45 - 10:50

Mona Nabulsi, Hala Tufayli

Bone Health in the Pediatrics Age

Pediatric bone diseases **Maria-Luisa Bianchi**

Anorexia **Mona Nasrallah**

Pediatrics Position Development Conference **Maria-Luisa Bianchi**

Q&A

Moderator

10:50 - 11:35

Asma Arabi

Novartis Pharmaceuticals Symposium

Treatment of Osteoporosis with Zoledronic Acid for 9 years

Erik Fink Eriksen

11:35 - 12:00

Coffee Break

Moderators

12:00 - 12:55

12:00 - 12:25

12:25 - 12:50

12:50 - 12:55

Marie-Helene Ghannage, Sally Tamraz

Cancer and Bone Health

Breast cancer and bone **Arafat Tfayli**

Prostate cancer management and bone **Marwan Ghosn**

Q&A

ACKNOWLEDGEMENTS

THE LEBANESE SOCIETY FOR OSTEOPOROSIS AND METABOLIC BONE DISORDERS-OSTEOS-
WISHES TO EXPRESS ITS GRATITUDE TO THE FOLLOWING COMPANIES

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OSTEOS MEMBERS	FREE
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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*

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