

V<sup>th</sup>

ANNUAL  
MEETING OF  
THE LEBANESE  
SOCIETY FOR



**OSTEOPOROSIS &  
METABOLIC BONE  
DISORDERS**

9.5 CME credits

DECEMBER 6-7, 2013  
MOVENPICK HOTEL, BEIRUT, LEBANON

## WELCOME LETTER



Over the past several years, OSTEOS has succeeded in placing itself, with its member societies and colleagues, at the forefront of shaping standards of

practice in bone health and its metabolic conditions by reaching out to colleagues in various specialties and to the public.

OSTEOS has set guidelines to assess fracture risk and vitamin D status in the Lebanese population, reflecting on the demographic and epidemiological characteristics of our population.

This year, OSTEOS is carrying more scientific activities and expanding its outreach in various areas of Lebanon to reach out to all colleagues. In its upcoming 2013 meeting, OSTEOS will be observing the World Osteoporosis Day to bring ahead the global debates, research, and clinical updates addressing bone health across the life span. Implementing and following FRAX guidelines as main clinical tools, re-visiting postmenopausal bone health, and studying the flourishing literature about vitamin D, are major concerns and topics that OSTEOS 2013 meeting will be tackling.

Vitamin D levels evaluation and supplementation remain major controversies in our population in general and in pregnancy in particular. Women and vitamin D will be a major theme in OSTEOS 2013 meeting in view of the eminent clinical needs for appropriate guidelines.

The themes of the meeting will not only touch on the most recent updates in the bone



and bone related topics, but will also aim 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 public alike

The meeting will also address the community to raise awareness on bone health and essentials of prevention and wellness promotion.

I invite all colleagues from the Rheumatology, Endocrinology, Obstetrics & Gynecology, Orthopedics, Radiology, Family Medicine, Internal Medicine and General Practice to book their calendars and save the date to join us in what is going to be a World Class Meeting in our beloved capital city, Beirut.

### Faysal El-Kak MD, MS

*President of the Lebanese Society for Osteoporosis & Metabolic Bone Disorders, OSTEOS*

## OSTEOS EXECUTIVE COMMITTEE

**Faysal El-Kak MD, MS** *President*

**Ghada El-Hajj Fuleihan MD, MPH** *Founding President*

**Georges Halaby MD** *Vice President*

**Muhieddine Seoud MD** *General Secretary*

**Jad Okais MD** *Treasurer*

**Rafic Baddoura MD, MPH** *Member*

**Assaad Taha MD** *Member*

**Imad Uthman MD** *Member*

## SPEAKERS

### **Ghina Ghazeeri Abiad MD, TC (ABB)**

Assistant Professor  
Reproductive Endocrinology and Infertility  
Medical Center  
American University of Beirut  
Beirut, Lebanon

### **Ali Abu-Alfa MD, FASN**

Professor of Medicine  
Head of the Division of Nephrology and  
Hypertension  
American University of Beirut  
Beirut-Lebanon

### **Ahmad Beydoun MD**

Professor  
Department of Internal Medicine  
American University of Beirut  
Beirut-Lebanon

### **Angela Man-Wei Cheung MD, PhD, FRCPC, CCD**

Staff General Internist  
Lillian Love Chair in Women's Health  
Director, Osteoporosis Program  
Director, Centre of Excellence in Skeletal Health  
Assessment  
University of Toronto, University Health Network,  
Toronto Rehabilitation Institute  
Mount Sinai Hospital, Canada

### **Ghada El-Hajj Fuleihan MD, MPH, CCD**

Founding President OSTEOS  
Director  
Calcium Metabolism & Osteoporosis Program  
WHO Collaborating Center for Metabolic Bone  
Disorders  
American University of Beirut  
Beirut-Lebanon

### **Georges Halaby MD**

Professor of medicine  
Saint Joseph University and Hotel - Dieu de France  
Beirut-Lebanon

### **Marie Merheb MD, MBA**

Assistant Medical Director  
MBA Health Management  
Mount Lebanon Hospital  
Beirut-Lebanon

### **Anwar Nassar MD**

Interim Chairman  
Professor of Obstetrics and Gynecology  
Maternal Fetal Medicine  
Medical Center, 7th floor  
Department of Obstetrics and Gynecology  
Faculty of Medicine  
American University of Beirut  
Beirut, Lebanon

### **Susan OTT MD**

Professor of Medicine  
University of Washington  
Washington, USA

### **Ian Reid MD**

Distinguished Professor of Medicine  
University of Auckland  
New Zealand

### **René Rizzoli MD**

Professor of Medicine  
University Hospital of Geneva  
Switzerland

### **Ibrahim Salti MD, PhD, FRCPC, FACP**

Professor  
Head, Division of Endocrinology  
American University of Beirut  
Beirut-Lebanon

### **Leon J Schurgers PhD**

Department of Biochemistry  
Maastricht University  
The Netherlands

### **Muhieddine Seoud MD, FACOG, FACS**

Vice Chairman  
Professor  
Gynecology Oncology Medical Center  
American University of Beirut  
Beirut-Lebanon

### **Cynthia A Stuenkel MD**

Clinical Professor of Medicine  
University of California, San Diego, School of  
Medicine  
La Jolla, California

## FRIDAY DECEMBER 6

08:00-09:00

REGISTRATION

**08:45-09:00**

**WELCOME NOTE** *Faysal EL Kak (OSTEOS President)*

**09:00-10:40**

**WOMEN'S BONE HEALTH ACROSS REPRODUCTIVE LIFE**

**CHAIRPERSONS:** *Wadih Ghanameh, Saadeddine Itani, Fadi Mirza*

09:00-09:30

Hormonal Contraception and Osteoporosis *Susan OTT*

09:30-09:40

Q&A

09:40-10:05

PCO and Bone Health *Ghina Ghazeeri Abiad*

10:05-10:10

Q&A

10:10-10:35

Skeletal Health in Pregnancy *Anwar Nassar*

10:35-10:40

Q&A

10:40-11:15

COFFEE BREAK

11:15-12:05

**CHAIRPERSON:** *Rafic Baddoura*

Key Note Lecture -The Year in Osteoporosis *Ian Reid*

12:05-12:15

Q&A

**12:15-13:15**

**BONE HEALTH IN NON-COMMUNICABLE DISEASES I  
CANCER AND BONE HEALTH**

**CHAIRPERSONS:** *Rafic Baddoura, Sani Hleis, Jad Okais*

12:15-12:40

Pathophysiology of Bone Diseases in Cancer *René Rizzoli*

12:40-13:05

Prevention and Treatment of Bone Diseases in Malignancies *René Rizzoli*

12:05-13:15

Q&A

13:15-14:30

LUNCH BREAK *With the compliments of Les Laboratoires Servier*

**14:30-16:00**

**WOMEN BONE HEALTH ACROSS MENOPAUSAL LIFE**

**CHAIRPERSONS:** *Elie Attieh, Fayeze Bitar, Marie Merheb*

14:30-14:50

Updates from WOD 2013 *Ghada El Hajj Fuleihan*

14:50-15:15

HRT in the Management of the Post-Menopausal Women:

Update 2013 *Muhieddine Seoud*

15:15-15:20

Q&A

15:20-15:50

SERMS in the Management of Menopausal Women *Cynthia Stuenkel*

15:50-16:00

Q&A

16:00-16:30

COFFEE BREAK

**16:30-17:45**

**OMICRON PHARMACEUTICALS SATELLITE SYMPOSIUM**

**CHAIRPERSON:** *Ghada El Hajj Fuleihan*

16:30-17:30

New Horizons for Osteoporosis Therapies: The Vitamin K Story

*Angela Cheung, Leon Schurgers*

17:30-17:45

Q&A

## SATURDAY DECEMBER 7

08:00-09:00

REGISTRATION

**09:00-11:00**

### **BONE HEALTH IN NON-COMMUNICABLE DISEASES II**

**CHAIRPERSONS:** *Randa Choueiry, Mamdouh Mansour, Jad Okais*

09:00-09:25

Bone Health in Diabetes *Ibrahim Salti*

09:25-10:00

Q&A

10:00-10:25

Epilepsy and Osteoporosis: An Update *Ahmad Beydoun*

10:25-10:30

Q&A

10:30-10:55

Metabolic Bone Disease in Chronic Kidney Disease *Ali Abu-Alfa*

10:55-11:00

Q&A

11:00-11:30

COFFEE BREAK *With the compliments of Sadco-Menarini International*

**11:30-12:45**

### **BONE DISEASES PREVENTION ACROSS LIFE SPAN**

**CHAIRPERSONS:** *Paola Atallah, Georges Merheb, Muhieddine Seoud*

11:30-11:55

Updates on Lebanese FRAX Based Guidelines-Case studies

*Ghada El Hajj Fuleihan*

11:55-12:00

Q&A

12:00-12:40

Osteoporosis Therapies: How to monitor and when to Stop *Ian Reid*

12:40-12:45

Q&A

12:45-14:00

LUNCH

**14:00-15:00**

### **OBESITY, HYPOTHYROIDISM AND BONE HEALTH**

In collaboration with the Lebanese Society of Endocrinology, Diabetes and Lipids

**CHAIRPERSONS:** *Paola Atallah, Houssam Ghosn*

14:00-14:25

Obesity: A Liability or Protection from Osteoporosis? *Marie Merheb*

14:25-14:30

Q&A

14:30-14:55

Hypothyroidism and Bone *Georges Halaby*

14:55-15:00

Q&A

## ACKNOWLEDGMENTS

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

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### 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 Exhibition Area, Congress Bag, Coffee Breaks and Lunch*

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