

# OSTEOPOROSIS MANAGEMENT COURSE: A MULTIDISCIPLINARY APPROACH



18 August 2024, Sunday | 8:30 - 18:00

MD11 - Clinical Research Centre, National University of Singapore  
10 Medical Drive, Yong Loo Lin School of Medicine, Singapore 117597

## Registration Fees:

SGD 200 - Physician

SGD 100 - Trainees / Allied Health / Nurses

Organised by the Osteoporosis Society Singapore (OSS), this course will teach healthcare professionals in the community to screen, diagnose and treat osteoporosis to prevent Singaporeans from sustaining fragility fractures.

With proper treatment, the risk of fractures can be reduced by 30-70%. However, there is low awareness on the importance of osteoporosis among healthcare workers and patients. Hence, the number of people who are at high risk of fractures being diagnosed and managed appropriately is low (<20%). This course aims to raise awareness of potential fractures and its consequences.

**REGISTER NOW**

Registration closes 18 July 2024

## WHO SHOULD ATTEND

Primary Care Physicians, Hospital Generalists & Specialists, Pharmacists & Nurses

## ENTRY REQUIREMENTS

Participants must possess either one of these qualifications:

MBBS / BSc Pharmacy / BSc Nursing / Diploma in Nursing / BSc (Diagnostic Radiography & Imaging) / Specialist Diploma in Radiology Nursing, or their equivalent

CME/CPE  
Accreditation

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Pending Approval

## PROGRAMME

TIME	TOPIC	OBJECTIVES	SPEAKER
08:30	Welcome Remarks & Introduction of Speakers		A/Prof Ang Seng Bin Dr Linsey Gani
08:30	Identifying Osteoporosis: Importance & Diagnosis	<ul style="list-style-type: none"> <li>Importance of osteoporosis</li> <li>Prevalence of osteoporosis &amp; fragility fractures</li> <li>Impact of fractures on morbidity &amp; mortality</li> <li>Diagnosis of osteoporosis</li> </ul>	A/Prof Ang Seng Bin
09:10	Assessment of Risk of Osteoporosis & Fractures	<ul style="list-style-type: none"> <li>Screening for risk of osteoporosis on DXA bone mineral density (BMD) using OSTA tool</li> <li>Screening for fracture risk using FRAX tool</li> </ul>	Dr Andre Tan
09:30	Secondary Causes of Bone Loss & Fractures	<ul style="list-style-type: none"> <li>Raise awareness of the risk factors for fractures &amp; potential secondary contributors of bone loss, such as T2DM &amp; steroids.</li> <li>Investigation &amp; management of important secondary causes of osteoporosis</li> </ul>	Dr Chionh Siok Bee
10:00	Break		
10:15	How To Read a DXA Report	<ul style="list-style-type: none"> <li>Understand how to interpret a DXA scan</li> </ul>	Dr Chionh Siok Bee
10:35	Case Studies (25 mins each)		A/Prof Ang Seng Bin Dr Andre Tan Dr Chionh Siok Bee
11:50	Q&A and Wrap-Up		All Faculty Members
12:05	Lunch & Group Photo		
12:55	Introduction of Speakers		Dr Linsey Gani
13:00	Pharmacological Management of Osteoporosis	<ul style="list-style-type: none"> <li>Pharmacological options in the management of osteoporosis</li> <li>Risk &amp; benefits of medications</li> </ul>	Dr Linsey Gani
13:30	Hormone Replacement Therapy (HRT) & its Role in Bone Health	<ul style="list-style-type: none"> <li>Role of HRT in prevention of bone loss</li> </ul>	Dr Huang Zhong Wei
13:50	What's the Big Deal with Sarcopenia?	<ul style="list-style-type: none"> <li>Strategies to reduce sarcopenia in the elderly and to prevent falls</li> </ul>	Dr Lydia Au
14:20	Break		
14:35	Nutrition for Bone Health & Muscle Health	<ul style="list-style-type: none"> <li>Key nutrients, nutrient requirements and nutrients in food</li> <li>Case studies</li> </ul>	Ms Janelle Pang
15:00	Exercise Interventions for Bone Health	<ul style="list-style-type: none"> <li>Exercise prescription for bone health &amp; falls' risk reduction</li> </ul>	Ms Elizabeth Chan
15:25	Case Studies (25 mins each)		Dr Linsey Gani Dr Huang Zhong Wei Dr Lydia Au
16:40	Q&A and Wrap-Up		All Faculty Members
17:00	Examination		All Participants

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## TRAINERS PROFILE



### A/Prof Ang Seng Bin

A/Prof Ang Seng Bin is the Family Physician, Senior Consultant, Family Medicine Service of KK Women's and Children's Hospital. Dr Ang is also the Advisor of KK Menopause Centre. He has been active in undergraduate and post-graduate teaching and has several teaching appointments which includes Director (Family Medicine Development) of Family Medicine Academic Clinical Programme, Associate Programme Director of SingHealth Family Medicine Residency Program and so on.



### Dr Chionh Siok Bee

Dr Chionh is a Senior Consultant in the Division of Endocrinology, Department of Medicine, National University Hospital (NUH) and Assistant Professor, Yong Loo Lin School of Medicine, National University of Singapore. She is the immediate past president of the Osteoporosis Society Singapore (OSS) and actively promotes improvement in patient care as Chair of the Fall Prevention Workgroup, Chair of Clinical Directors' Committee and as Associate Chairman, Medical Board (Quality and Patient Safety), NUH.



### Dr Linsey Gani

Dr Linsey Gani is a Senior Consultant at the Department of Endocrinology at Changi General Hospital (CGH). She is the program director for the Eastern Community Health Outreach (ECHO) that works to provide chronic disease health screening to the eastern region in Singapore. She has also set up the Osteoporosis Liaison Service in CGH to provide secondary fracture prevention to patients admitted with fragility hip fracture. She currently holds a clinical senior lecturer position with the Department of Medicine, Yong Loo Lin School of Medicine, National University of Singapore.



### Dr Lydia Au

Dr Lydia Au is the Head of the Division of Geriatric Medicine in JurongHealth Campus. She practises as a Senior Consultant in Ng Teng Fong General Hospital. She is part of the pioneer team for JHC that helped to build and lead the establishment of geriatric service for its new hospitals. Having extensive clinical experience in geriatric medicine, Dr Au takes special interest in falls in the elderly, ortho-geriatrics and osteoporosis.



### Dr Andre Tan

Dr Andre Tan obtained his MBBS from the Yong Loo Lin School of Medicine in 2008, and his MRCP (UK) and MMed (Int Med) in 2013. He completed his specialist training in Endocrinology and obtained his Specialist Accreditation in 2017. Dr Tan is a consultant in the Department of Medicine, Alexandra Hospital as well as the Division of Endocrinology, National University Hospital.



### Dr Huang Zhong Wei

Dr Huang Zhong Wei is an accredited specialist and clinician scientist in Obstetrics & Gynaecology and is currently based at the Department of Obstetrics and Gynaecology, Division of Reproductive Endocrinology and Infertility, National University Hospital, Singapore. Dr Huang supports couples with fertility and sexual issues holistically as an integral part of his clinical practice. He also cares for mothers throughout their pregnancy and women in their post reproductive years. Dr. Huang also dedicates his time to undergraduate and postgraduate medical teaching as well as performing translational research on fertility and reproductive ageing.



### Ms Janelle Pang

Ms Janelle Pang is a Clinical Dietitian at the National University Hospital. She specialises in a range of medical expertise such as cardiology, diabetes, renal and hemodialysis, oncology, and orthogeriatrics. She is involved in improving safety, quality of care, overseeing NUH's Nutritional Screening Audit, menu planning for texture-modified diets, and the development of dietetics-related inpatient nursing resources for oral nutrition support and tube feeding.



### Ms Elizabeth Chan

Ms Elizabeth Chan is a Senior Principal Physiotherapist at KK Women's and Children's Hospital. She graduated with a Bachelor in Physiotherapy and a Master of Science in Cancer Care. She has been involved in conducting exercise sessions under the Osteoporosis Patient Targeted Integrated Management of Active Living (OPTIMAL) Programme and assisting in osteoporosis health ambassador training programmes since 2007.

**For any enquiries, please write to [osteoporosis\\_society@themeetinglab.com](mailto:osteoporosis_society@themeetinglab.com)**

*Please note that the scheduled course run will proceed only if the minimum class size is met.*