



OSTEOPOROSIS SOCIETY (SINGAPORE)



BONE HEALTH AMBASSADORS COURSE

Workshop Overview

Osteoporosis affects at least one in three adults over the age of 50, with a growing impact in our ageing society. Bone Health Ambassadors are empowered to increase awareness about bone health and osteoporosis among Singaporeans, with the aim of maintaining healthy bones across all ages and reducing the risk of fractures.

Topics

- Understanding osteoporosis – what causes it, what are the risk factors
- Assessment of risk with Osteoporosis Self-Assessment Tool (OSTA) / Fracture Risk Assessment Tool (FRAX)
- Exercise for better bones, preventing falls
- Diet to improve bone health
- Fall prevention
- Medications used to treat osteoporosis

Free Registration

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Programme

Time	Topic	Speaker	Objectives
12:30 – 12:50 pm	Registration		
12:50 – 1:15 pm	Introduction & Importance of Osteoporosis	Dr Linsey Gani	Understand why Osteoporosis is a common, under-recognised chronic disease with great impact on mortality and quality of life
1:15 – 1:45 pm	What is osteoporosis? Contributory causes of bone loss Risk assessment for osteoporosis and fragility fracture	Dr Andre Tan	1. Understand and able to explain 'What is osteoporosis?' on the basis of fragility fractures and DXA BMD 2. Recognise the causes of bone loss 3. Discuss the relationship between osteoporosis and fractures, and the consequences of fractures 4. Learn about assessment of risk for fractures using OSTA and FRAX
1:45 – 2:15 pm	Diet to help prevent falls and fractures	Ms Janelle Pang	1. Be able to explain the role of adequate calcium, Vitamin D and protein in preventing osteoporosis and falls 2. Be able to calculate how much elemental calcium a person is taking 3. Recommend methods of optimising dietary calcium, Vitamin D and protein intake for different ages 4. Understand when to recommend calcium and vitamin D supplements in preventing and treating osteoporosis
2:15 – 2:30 pm	Break-out session	All	Advising on osteoporosis risk factors and diet
2:30 – 2:50 pm	Tea break		
2:50 – 3:30 pm	Exercise to prevent falls and fractures	Ms Caroline Chua	1. Explain how physical activity affects bone mass 2. Provide practical examples of weight bearing cardio, resistance / strength and balance exercises, tailored to different types of people, including frail individuals 3. Highlight the exercise precautions that should be taken by individuals with fractures
3:30 – 4:00 pm	Falls and fall prevention	Ms Alicia Quak	1. Provide practical suggestions for safe movement, including the use of mobility aids 2. Understand the importance of good footwear 3. Be able to advise the avoidance of fall hazards in the home
4:00 – 4:30 pm	Osteoporosis medications	Dr Donovan Tay	1. Understand how drug therapies works 2. Provide a brief overview of the primary classes of medications used to prevent and treat osteoporosis
4:30 – 4:45 pm	Q&A Ending comments		



8th November 2025, Saturday
1230 - 1645H



The Integrated Building @ CGH

6A Simei Street 3
Singapore 529905

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