

OSTEOPOROSIS MANAGEMENT COURSE: A MULTIDISCIPLINARY APPROACH

5 July 2025, Saturday | 8:30 - 18:00

National University Health System (NUHS) Tower Block Auditorium
1E Kent Ridge Road, Singapore 119228



Registration Fees:
SGD 200 - Physician
SGD 100 - Trainees / Allied
Health / Nurses

REGISTER NOW

Registration closes 5 June 2025

Organised by the Osteoporosis Society Singapore (OSS) and NUH Division of Endocrinology, 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.

WHO SHOULD ATTEND

Primary Care Physicians, Hospital Generalists & Specialists, Allied Health Professionals, Pharmacists & Nurses

ENTRY REQUIREMENTS

Participants must posses 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



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">Importance of osteoporosisPrevalence of osteoporosis & fragility fracturesImpact of fractures on morbidity & mortalityDiagnosis of osteoporosis | A/Prof Ang Seng Bin |
| 09:10 | Assessment of Risk of Osteoporosis & Fractures | <ul style="list-style-type: none">Screening for risk of osteoporosis on DXA bone mineral density (BMD) using OSTA toolScreening for fracture risk using FRAX tool | Dr Choo Kuan Swen |
| 09:30 | Secondary Causes of Bone Loss & Fractures | <ul style="list-style-type: none">Raise awareness of the risk factors for fractures & potential secondary contributors of bone loss, such as T2DM & steroids.Investigation & management of important secondary causes of osteoporosis | A/Prof Chionh Siok Bee |
| 10:00 | Break | | |
| 10:15 | How To Read a DXA Report | <ul style="list-style-type: none">Understand how to interpret a DXA scan | A/Prof Chionh Siok Bee |
| 10:35 | Case Studies (25 mins each) | | A/Prof Ang Seng Bin Dr Choo Kuan Swen A/Prof 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">Pharmacological options in the management of osteoporosisRisk & benefits of medications | Dr Linsey Gani |
| 13:30 | Hormone Replacement Therapy (HRT) & its Role in Bone Health | <ul style="list-style-type: none">Role of HRT in prevention of bone loss | A/Prof Ang Seng Bin |
| 13:50 | Exercise Interventions for Bone Health | <ul style="list-style-type: none">Exercise prescription for bone health & falls' risk reduction | Ms Elizabeth Chan |
| 14:20 | Break | | |
| 14:35 | Nutrition for Bone Health & Muscle Health | <ul style="list-style-type: none">Key nutrients, nutrient requirements and nutrients in foodCase studies | Ms Janelle Pang |
| 15:00 | What's the Big Deal with Sarcopenia? | <ul style="list-style-type: none">Strategies to reduce sarcopenia in the elderly and to prevent falls | Dr Lydia Au |
| 15:25 | Case Studies (25 mins each) | | Dr Linsey Gani A/Prof Ang Seng Bin 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.



A/Prof Chionh Siok Bee

Dr Chionh is a Senior Consultant in the Division of Endocrinology, Department of Medicine, National University Hospital (NUH) and Adj. Associate Professor, Yong Loo Lin School of Medicine, National University of Singapore. She is the immediate past president of the Osteoporosis Society Singapore (OSS), a member of the ISCD Asia-Pacific Committee, and actively promotes improvement in patient care in NUH as Chair of the Fall Prevention Workgroup, and Chair of the Ensure Safer System Workgroup.



Dr Linsey Gani

Dr Linsey Gani is a Senior Consultant Endocrinologist practicing in LG Endocrinology, Novena Medical Center. She also holds an appointment as a visiting consultant with the Department of Endocrinology, Changi General Hospital, Singapore. Dr Gani graduated from the University of Melbourne in 2006 where she was a Dean's Honor's List awarded the RACP (Royal Australian College of Physicians) Clinical Prize and RACS (Royal Australian College of Surgery) Smith and Nephew's Surgical prize. She is an accredited endocrinologist and a fellow with the Royal Australian College of Physician and Academy of Medicine in Singapore.



Ms Elizabeth Chan

Ms Elizabeth Chan is a Principal Physiotherapist at Singapore Cancer Society, specialising in the areas of lymphoedema management, cancer rehabilitation and bone health management. 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.



Dr Choo Kuan Swen

Dr Choo Kuan Swen is a Consultant Endocrinologist with Changi General Hospital. She graduated from the International Medical University (IMU), before obtaining her MRCP (UK) and completing her endocrinology training in Singapore. Her clinical and research interests within the field of endocrinology include diabetes, thyroid and bone disorders. She also has keen interest in improving patient care and medical education.



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.



Dr Lydia Au

Dr Lydia Au 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, orthogeriatrics and osteoporosis.

For any enquiries, please write to osteoporosis_society@themeetinglab.com

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