



**20th ANNUAL SCIENTIFIC MEETING
INNOVATIONS IN OSTEOPOROSIS AND BONE HEALTH**

October 15, 2018

Luxent Hotel Timog Ave., Quezon City

By Dominic S. dela Cruz, MD

The Osteoporosis Society of the Philippines Foundation, Inc. had conducted the 20th Annual Scientific Meeting. The event was led by Dr. Julie Li-Yu, Dr. Theresa Marie Valdez-Faller, Dr. Lyndon John Llamado and organizing committee.

Key speakers were invited to discuss topics on innovations in osteoporosis and bone health. The programme started with a topic “Metabolic Bone Disease: A Year on Review” by Dr. Monica Therese Cating-Cabral (Endocrinologist) showed reviews of journal and updates on future treatment.



Dr Julie Li-Yu (left) President, OSPFI, giving her welcome remarks. Dr. Monica Therese Cating-Cabral (Endocrinologist) (right) showed reviews of journal and updates on future treatment.

Several speakers, Professor Cynthia Palmes-Saloma (Molecular Biologist) talked about “Vitamin D Receptor Polymorphism and Vitamin D

deficiency”. She gives emphasis that Vitamin D receptor gene is polymorphic in different individuals. This is followed by Dr. Mark Anthony Sandoval (Endocrinologist) discussed on “Osteocalcin as a Multitasking Hormone”. He presented data that low osteocalcin is associated with progression of prediabetes to diabetes.



Dr. Professor Cynthia Palmes-Saloma (Molecular Biologist) (left) Dr. Mark Anthony Sandoval (Endocrinologist) (right)

Dr. Delfin Tan (OB Gynecologist). He presented “Updates on the treatment of Postmenopausal Osteoporosis”. As lessons learned, treat the menopausal women, do not focus on osteoporosis alone, rebuild the confidence in menopausal hormone therapy (MHT), progestins and estrogens are not all graded equal.

Lunch Symposium on the topic of “Treating Osteoporosis Beyond the Primary Disease” this is

also followed a lecture on “Capture the Fracture through the Fracture Liason Service” by Jose Antonio San Juan (Orthopedic Surgeon). He present his study regarding awareness and treatment following fragility fractures of the hip, with a conclusion that only 20% of patient received osteoporosis treatment.



Dr. Delfin Tan (OB Gynecologist) (left) on “Updates on the treatment of Postmenopausal Osteoporosis”
 Dr. Jose Antonio San Juan (Orthopedic Surgeon) (right), on the topic of “Treating Osteoporosis Beyond the Primary Disease” and “Capture the Fracture through the Fracture Liason Service”

Three Orthopedic Surgeon shared “Fracture Liaison Service (FLS) Hospital Experience” by Dr. Irewin Tabu (University of the Philippines), Dr. Charles Villamin (University of Santo Tomas), Dr. Arturo Canate (Philippine Orthophedic Center), everyone shared their experienced regarding FLS, challenges, how to improved FLS.



Dr. Irewin Tabu (University of the Philippines) (right), Dr. Charles Villamin (University of Santo Tomas) (left), Dr. Arturo Canate (Philippine Orthophedic Center)(center) shared “Fracture Liaison Service Hospital Experience”

emphasized that Diabetic patients has higher predisposing factor to develop osteoporosis.



Dr. Allan Lanzon (Rheumatologist) shared updates on “Osteoporosis and Diabetes”

Dr. Leilani Mercado-Asis (Endocrinologist) on “Drug Holiday Issues and Dilemmas”. She emphasized on osteoporotic drugs, the period of time, who, when and how long drug holiday should be and high risk patients should continue treatment after adequate duration of treatment.



Dr. Leilani Mercado-Asis (Endocrinologist)(left), on “Drug Holiday Issues and Dilemmas” Dr. Agnes Bueno (Psychiatrist)(right) on Intimacy Issues in the Elderly

Dr. Agnes Bueno (Psychiatrist) on Intimacy Issues in the Elderly. The talk turns out to be an ice breaker when she gives clinical scenarios on sexual issues of elderly.



Last part of the programme is the induction of new members led by Dr. Julie Li-Yu.



Awarding of Certificates and Photo Gallery