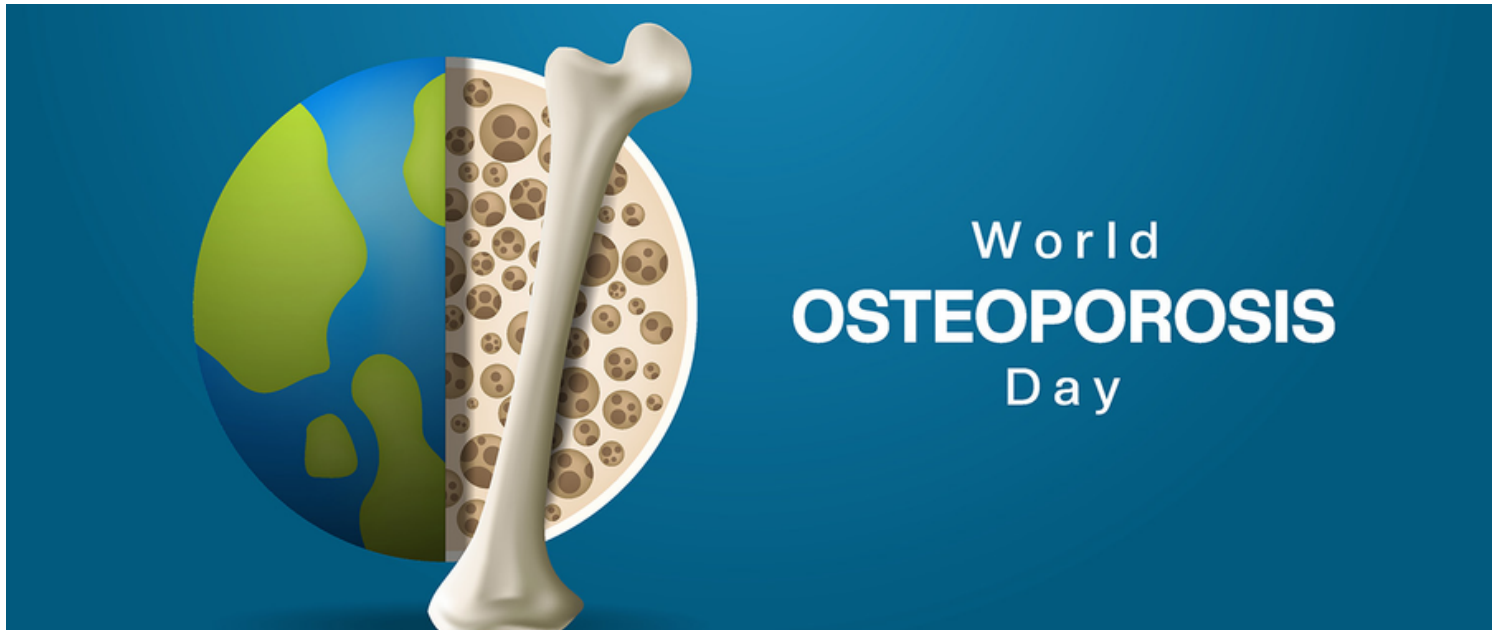


Strengthening Bones, Strengthening Awareness

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Raising Awareness on Osteoporosis

The **University of Santo Tomas Hospital Section of Rheumatology** successfully celebrated **World Osteoporosis Day** last **October 22, 2025**, with a meaningful and engaging event held at the **Ambulatory Care Services**.

The celebration featured a lay forum for patients, focusing on **educating and empowering patients** through **accessible medical information**. Topics discussed included what osteoporosis is, how it develops, how it is diagnosed, and the various approaches to treatment and prevention. The lectures were delivered in a clear and engaging manner by the Dr. Muhammad Mohamad, a Rheumatology Fellow, making complex medical concepts easy for patients to grasp.

University of Santo Tomas Hospital
Department of Internal Medicine
Section of Rheumatology

World Osteoporosis Day

It's unacceptable !
Stop the neglect of bone health!

LAY FORUM

October 22, 2025 | Wednesday
9:00- 11:00am
Ambulatory Care Services



The session was highly interactive, allowing patients to exchange insights and ask questions, **fostering a deeper appreciation of bone health and disease prevention**.



Educate

An open forum followed the lecture, providing participants an opportunity to ask questions and share experiences, fostering meaningful interaction between patients and healthcare providers and encouraging proactive participation in bone health maintenance.

*In addition to the forum, the event offered several **free services, including peripheral bone density (DXA) screening, milk sampling and nutritional counseling to promote nutritional awareness.***



The activity was spearheaded by the **Rheumatology Fellows**, who diligently managed the various stations and educational sessions, with full support from the **Section's Consultants**. Their combined efforts ensured the smooth flow and success of the program.

Peripheral bone DXA screening was offered free of charge to promote awareness of the importance of early recognition of osteoporosis. This initiative highlighted that **timely screening and intervention are key to preserving bone health and preventing fractures.**

Screen



Free milk samples were offered, making the activity enjoyable and encouraging. The initiative served as a practical reminder that simple dietary choices can have a lasting impact on bone strength and overall health.

Prevent



Nutritional counseling

Dietary counseling plays a crucial **role in the prevention and management of osteoporosis**, as **proper nutrition is fundamental to maintaining bone strength and integrity.**



Through individualized counseling, patients gain a better understanding of the **importance of adequate calcium and vitamin D intake, balanced nutrition, and lifestyle modification in supporting bone health.** Educating patients about food sources rich in these nutrients, as well as the need to limit substances that may impair bone density—such as excessive caffeine, sodium, and alcohol—helps reduce the risk of bone loss and fractures.

Dietary counseling was emphasized as a key preventive strategy. This initiative aimed to **empower patients to make informed dietary choices** that contribute to the long-term prevention and effective management of osteoporosis.