

# **Butong Marupok... Ating Bigyan Tutok**

**May 29, 2018. Tuesday**

**Venue: NIH Centennial Conference Room**

**Time: 0900-1200H**

**Organizer: Institute of Clinical Epidemiology**

## **Introduction**

Osteoporosis is a worldwide disease where the density and quality of bone are reduced. These bones become fragile and the risk of fracture is greatly increased. Around the world, 1 in 3 women and 1 in 5 men are at risk of an osteoporotic fracture. The likelihood of these fractures increases with age. An understanding on what is osteoporosis, who are at risk, how can it be prevented and treated and the measures on how to address common osteoporotic fractures to help us fight this disease.

## **Objectives**

- ❖ To give an epidemiologic background on osteoporosis and its burden of disease.
- ❖ To enumerate the measures on how osteoporosis can be prevented.
- ❖ To give an overview on the gaps in osteoporosis research
- ❖ To give an overview of common osteoporotic fractures of the spine and hip: detection, prevention and treatment

## Program

Time	Title	Speaker
0830-0900	Registration	
0900-0910	Opening Prayer	<b>Mary Ann Ladia, PhD</b>
0910-0915	Opening Remarks	<b>Marissa M. Alejandria, MD, MSc</b> Director Institute of Clinical Epidemiology
0915-0935	What is Osteoporosis? Fast Facts on Epidemiology, Burden of Disease.	<b>Nathaniel S. Orillaza, Jr., MD, FPOA</b>
0935-1000	Osteoporotic Spine Fractures: Epidemiology, Diagnosis and Treatment	<b>Rafael C. Bundoc, MD, FPOA</b>
1000-1015	Open Forum	<b>Olivia T. Sison, MSPH</b> Moderator
1015-1040	Osteoporotic Fractures of the Hip: Epidemiology, Diagnosis and Treatment	<b>Gregorio M.S. Azores, MD, FPOA</b>
1040-1105	Osteoporosis ay Lunasan... Bali ng Buto ay Iwasan: Problema na dulot ng Osteoporosis !!!	<b>Irewin Tabu, MD, FPOA</b>
1105-1135	Butong Matibay, Maginhawang Buhay	<b>Cesar Cipriano L. Dimayuga, MD, MBAH, FPOA</b>
1135-1150	Open Forum	<b>Emmanuel S. Baja, ScD</b> Moderator
1150-1200	Closing Remarks	<b>Emmanuel P. Estrella, MD, MSc, FPOA</b>

### Master of Ceremonies

Emmanuel S. Baja, SCD  
Olivia T. Sison, MSPH

### Introduction of Speakers

Emmanuel P. Estrella, MD, MSc, FPOA