

# OSTEOPOROSIS

## 3<sup>rd</sup> Canadian Musculoskeletal Conference (CMC) 2021 – Virtual Meeting Saturday November 20, 2021

- Virtual 4.5 hour program on Sat Nov 20/21 (12pm-430pm ET; 9am-130pm PT; 1pm-530pm AT)
- Pre-recorded presentations and live Q&A/panel sessions (asynchronous option will be offered)

This virtual meeting has received the following accreditation from the University of Toronto:

- College of Family Physicians of Canada Mainpro+ (1 credit/hour) Group Learning: 4.0 credits\* (CERT+ ID# is 195812-001)
- Royal College Maintenance of Certification Section 1 credits: 4.0 hours

12:00-12:10 pm ET Introduction and Welcome (10 min)

Dr. Sandra Kim (Chair)/ Dr. Rowena Ridout (Vice Chair)  
Dr. Famida Jiwa, President and CEO Osteoporosis Canada

12:10-12:55 pm ET Keynote Presentation (35 min and 10 min Q&A) – Moderator: Dr. Suzanne Morin

Title of Session: Risk of Fracture in Patients with Medical and Neurological Diseases

Keynote Speaker: Dr. Steven Cummings

Objectives:

1. To understand the risk of fracture associated with several medical and neurologic conditions
2. To learn about potential barriers to treating these patients to reduce fracture risk

Active Learning: Q & A (10 minutes)

12:55-1:25 pm ET Case Presentation (20 min and 10 min Q&A) – Moderator: Dr. Sandra Kim

Title of Session: Individuals Living with Dementia and Osteoporosis

Speaker: Dr. Alexandra Papaioannou

Objectives:

1. To understand and recognize challenges and barriers in fracture prevention in those living with dementia
2. To manage fracture prevention in high risk patients with multiple chronic conditions

Active Learning: Q & A (10 minutes)

1:25-1:55 pm ET Case Presentation (20 min and 10 min Q&A) – Moderator: Dr. Rowena Ridout

Title of Session: Sweet Bones: How to Manage Diabetic Bone Disease

Speaker: Dr. Claudia Gagnon

Objectives:

1. To compare the pathophysiology of bone disease and risk factors for fracture in Type 1 and Type 2 diabetes
2. To be able to evaluate fracture risk in people with Type 1 and Type 2 diabetes
3. To understand the prevention and treatment of diabetic bone disease

Active Learning: Q & A (10 minutes)

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1:55-2:05 pm ET Break (10 min)

2:05-2:35 pm ET Case Presentation (20 min and 10 min Q&A) – Moderator: Dr. Sandra Kim

Title of Session: Recency of Fracture and Imminent Fracture Risk

Speaker: Dr. David Kendler

Objectives:

1. To understand the concept of imminent fracture risk
2. To determine the risks for imminent fracture and how to identify them in your patients
3. To discuss appropriate treatment strategies for patients who are at imminent risk of fracture

Active Learning: Q & A (10 minutes)

2:35-3:25 pm ET Clinical Debate (50 min) – Moderator: Dr. Robert Josse

Title of Debate: Intermittent Bisphosphonate Drug Holidays Should be Recommended for all Patients on Long-term Therapy

Debaters: Dr. Angela Cheung and Dr. Rick Adachi

2:35 pm – For the Motion (15 min) – Dr. Angela Cheung

2:50 pm – Against the Motion (15 min) – Dr. Rick Adachi

3:05 pm – Rebuttals (5 min each)

3:15 pm – Q & A (10 min)

Objectives:

1. To understand the role of bisphosphonate therapy in preventing fractures in high risk individuals
2. To advise patients on the use of bisphosphonates versus non-bisphosphonates therapies for the prevention of fractures in high risk patients
3. To weigh the evidence for and against bisphosphonate drug holidays for high risk patients

Active Learning: Q & A (10 minutes)

3:25-3:35 pm ET Break (10 min)

3:35-4:05 pm ET Case Presentation (20 min and 10 min Q&A) – Moderator: Dr. Rowena Ridout

Title of Session: Denosumab Discontinuation: When and How?

Speaker: Dr. Aliya Khan

Objectives:

1. To understand the mechanisms of bone loss following cessation of antiresorptive therapy
2. To know the effects of denosumab cessation on bone remodeling and fracture risk
3. To be better able to mitigate the risks of switching from denosumab to bisphosphonates

Active Learning: Q & A (10 minutes)

4:05-4:30 pm ET Panel Questions and Discussion (25 min) – Moderator: Dr. Robert Josse

Panel Session: Ask the Experts

Expert Panelists: Dr. Rick Adachi, Dr. Suzanne Morin, Dr. David Kendler

Ask the panel challenges in osteoporosis management such as:

- Dental procedures and risk of osteonecrosis of the jaw with osteoporosis medications, atypical femoral fracture risks, COVID vaccination and osteoporosis, treatment in the

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very elderly, when to use anabolic options, osteoporosis management in chronic kidney disease, how to prescribe exercise, grading of vertebral fracture

## Objectives:

1. To provide an interactive session for participants with osteoporosis experts
2. To answer participant's questions about challenges in osteoporosis management
3. To increase awareness of gaps in health care providers' knowledge regarding osteoporosis management

Active Learning: Q & A (25 minutes)

4:30 pm ET

Closing/Wrap-Up - Dr. Sandra Kim