

# 39<sup>th</sup> SICOT Orthopaedic World Conference

Montréal,  
Canada

October 10-13<sup>th</sup>,  
2018



## International Osteoporosis Foundation Symposium

### *Osteoporosis (fragility) fractures in Orthopaedic Surgery. Interactive case discussion*

October 10<sup>th</sup>  
Open to all

**General Objectives:** This symposium is intended to raise awareness and propose solutions on fragility fracture management in orthopaedics: decreasing care gap and preventing subsequent fractures. All cases will be presented by experts in fragility fracture management with live interaction with the symposium participants. This activity is endorsed by Osteoporosis Canada, SICOT and the IOF.

At the end of the symposium, the attendees will be able to:

- Understand the epidemiology of fragility fractures and subsequent fracture;
- Understand how fragility fractures impacts patients and doctors;
- Understand individual risk factors and the risks and benefits recognizing the underlying osteoporosis in patients that sustained a fragility fracture;
- Introduce best clinical practice guidelines and treatments available in their own practices in fragility fractures prevention;
- Implement fracture liaison services approach to prevent subsequent fractures;
- Discuss the future of osteoporosis treatment



**Shanmuganathan Rajasekaran**  
President SICOT

**James Waddell**  
Secretary General SICOT

**Julio Fernandes**  
Congress President

**Vikas Khanduja**  
Scientific Programme

## Symposium Schedule

Five 30-minute case discussion, followed by 10 minutes Q & A  
Total time: 4 hours (including Health break)

### 13:00 – 13:05 – Opening message

Chairmen: Julio C. Fernandes & Kassim Javaid

Moderators: Kassim Javaid & Josée Delisle

### 13:05 – 13:45 – Case study #1: Patient presenting with first distal radius fracture

Presenter: Suzanne Morin, MD

### 13:45 – 14:25 – Case study #2: Patient presenting with a vertebral fracture

Presenter: Mike Weber, MD

### 14:25 – 14:40 – Break

### 14:40 – 15:20 – Case study #3: Patient presenting with a proximal humerus fracture while under osteoporosis therapy

Presenter: Jean Pierre Raynauld, MD

### 15:20 – 16:00 – Case study #4: Patient presenting with a fracture of the hip

Presenter: Kassim Javaid, MD

### 16:00 – 16:10 – Break

### 16:10 – 16:50 – Case study #5: Patient presenting with an atypical fracture of the femur

Presenter: Julio C. Fernandes, MD

### 16:50 – 17:00 – Closing message



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39th SICOT

Orthopaedic World Congress

## Specific Objectives

- 1 – **Pathophysiology of bone** – Bone formation and resorption, Microarchitectural change, Hormonal regulation
- 2 – **Bio-markers of bone remodelling** – Formation and resorption bio-markers, Advantages and limitations, Role in fracture risk evaluation and patient's management
- 3 – **Definition, Epidemiology and social aspect of osteoporosis** – Clinical profile of fragility fracture patients, Incidence of fragility fractures, Morbidity and mortality related to fractures
- 4 – **What is a fragility fracture?** – High or low impact fracture, BMD and risks factors, Vertebral subsidence: what is normal or not, Clinical relevance of vertebral subsidence, Under detection of vertebral fractures
- 5 – **Fracture risk assessment** – FRAX, CAROC
- 6 – **Non-pharmacological treatment of osteoporosis** – Exercises, Nutrition, Rehabilitation, Fall Prevention, Kyphoplasty/Vertebroplasty
- 7 – **Calcium and Vitamin D in osteoporosis management** – Consequences of Vitamin D deficiency, Which vitamin D and how much, Deficiency in calcium and Vitamin D and fracture risk
- 8 – **Pharmacological treatment of osteoporosis** – Pharmacology and action mechanism, Fracture prevention, Length of treatment, Safety and efficacy
  - a) Bisphosphonates
  - b) Teriparatide
  - c) Denosumab
  - d) Causes of fracture under osteoporosis treatment
  - e) Effect of anti-osteoporosis therapies on fracture healing
  - f) Atypical femoral fractures – Diagnosis and management
- 9 – **Future of osteoporosis pharmacological treatments**
  - a) **new bone anabolic substances** – antibodies directed against the endogenous inhibitors of bone formation sclerostin and Dickkopf-1, PTH and PTHrP analogues
  - b) **new inhibitors of bone resorption** – cathepsin K inhibitors
  - c) **new therapeutic strategies based on an extended understanding of the pathophysiology of osteoporosis** – sequential therapies with two or more bone active substances
- 10 – **Osteoporosis clinical guidelines** – Diagnosis and therapeutic strategies, Economical implication
- 11 – **IOF "Capture the Fracture"** – Care Gap for secondary fracture prevention – Global perspective, Fracture Liaison Services (FLS) definition, FLS – key performance indicators, Challenges and solutions for political prioritisation, local funding, initiation and sustainability, FLS coordinator role, Orthopaedic role in FLS