



UNIVERSITY OF SANTO TOMAS HOSPITAL



6TH SCIENTIFIC MEETING OF THE ASIAN FEDERATION OF OSTEOPOROSIS SOCIETIES (AFOS)

Organized by: Osteoporosis society of the philippines foundation, inc.
August 29 – 31, 2019
Century Park Hotel, Manila, Philippines

The 6th Scientific meeting of the Asian Federation of Osteoporosis Societies (AFOS) was held at Century Park Hotel, Manila. This was organized by the Osteoporosis Society of the Philippines Foundation, Inc. (OSPFI). This was attended by 470 multinational delegates.



AFOS 2019 Organizing Committee with Dr. Lyndon Llamado (upper right) as over-all-chairman



Cutting of ribbons during the opening ceremony

This was then followed by the AFOS Honorary Award and OSPFI Lifetime Achievement Award was granted to Dr. Tito P. Torralba being as one of the foremost pioneers of AFOS and founding president of OSPFI, due to his ultimate dedication and achievements for the advancement of knowledge in the field of Rheumatology. Dr. Llamado delivered an introductory speech for Dr. Torralba.

It was commenced with the opening remarks by Dr. Julie Li-Yu, the Philippine Association of Rheumatology (PRA) President. The meeting was officially opened by cutting of ribbons.



Dr. Julie Li-Yu, PRA President made an opening remarks



Dr. Lyndon Llamado making an introductory speech for Dr. Torralba



Dr. Tito Torralba with his wife Dr. Lina Torralba on stage

The first Plenary was a Tripartite Alliance - a new approach and collaboration for Regional Osteoporosis Care with 3 speakers named: Prof. Serge Ferrari, MD of Switzerland, Dato' Dr. Lee Joon-Kiong of Malaysia and Prof. Leilani Mercado-Asis of Philippines.



Prof. Serge Ferrari, MD (IOF of Switzerland)



Dr. Torralba's OSFPI Lifetime Achievement Award



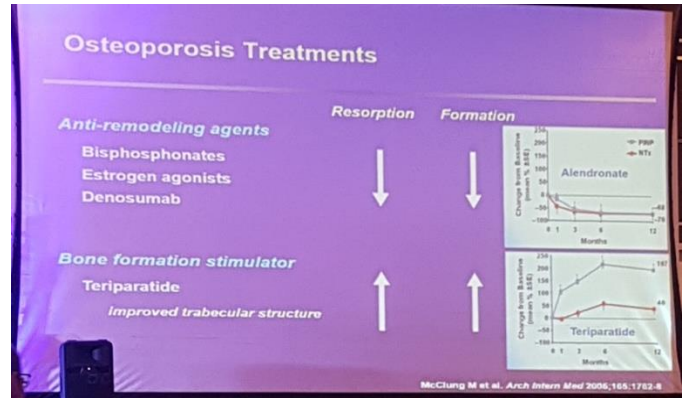
Dato' Dr. Lee Joon-Kiong (Malaysia)



Torralba's AFOS Honorary Award Plaque



Prof. Leilani Mercado-Asis (Philippines)



Dr. McClung emphasized the role each anti-osteoporosis drug.

He emphasized that *there is robust evidence that bone-forming anabolic therapies are more effective than anti-remodelling drugs in reducing fracture risk.*

Prof. Michael McClung, MD, the founding director of Oregon Osteoporosis Center, USA, shared about his clinical experience on osteoporosis treatment. He emphasized the role of each anti-osteoporosis treatment regimen, especially the *anabolics* which include the teriparatide.

Two symposia followed: *Sarcopenia and Fracture Risk Tools.*

At Symposium 1, Prof. Zenaida F. Velasco, MD from Philippines, shared her expertise on the *Role of Nutrition in the Prevention and Management of Sarcopenia.* She pointed out that *old age, endocrinologic condition, neurodegenerative diseases, cachexia, inadequate nutrition or malabsorption, and disuse – all leads to sarcopenia.*



Dr. Michael McClung (USA)



Prof. Zenaida F. Velasco (Philippines)

Then Dr. Orapitchaya Krairit, MD from Thailand, talked about Sarcopenia in Daily Clinical Practice - its assessment and management. For the sarcopenia assessment, she mentioned about *SARC-F* (Strength, Assistance in walking, Rise from chair, Climb stairs and Falls).



Dr. Orapitchaya Krairit, MD (Thailand)

In the other symposium, Prof. Tuan Nguyen, MD from Australia, discussed about Assessment of Fracture Risk. This was followed by Dr. Jawl-Shan Hwang who talked about Bone Turn-over Markers: From Labs to Clinics.



Prof. Tuan Nguyen, MD (Australia)

Prior to lunch, the first batch of oral research presentation was shown. One of these was about *Annato tocotrienol* in reversing cortical bone loss.



Junior researcher on *Annato tocotrienol*

During the lunch symposium, Dr. Michael Mc Clung shared again his clinical experience and research, and now about long-term management of postmenopausal osteoporosis. He pointed out that in patient high risk of fracture, the benefit:risk profiles of bisphosphonates and denosumab are favorable through at least 10 years of therapy.

Then Dr. Derrick Chan from Taiwan talked about postmenopausal osteoporosis as a chronic disease in Asia through a case study discussion on long-term treatment. He then concluded that when evaluating and managing older adults with osteoporosis, we need to take into account: multiple co-morbidities, functional status and socio-economic conditions.



Dr. Derrick Chan (Taiwan) on lunch symposium

Prof. Siew Pheng Chan, M.D. from Thailand discussed about the Frailty and Sarcopenia as complications of Diabetes.



Prof. Siew Pheng Chan, M.D. (Thailand)

On the other hand, Asst. Prof. Chionh Siok Bee from Singapore discussed about the Variation in Fracture Risk Reduction Among Different Osteoporosis Medications.



Asst. Prof. Chionh Siok Bee (Singapore)

To talk about vertebral and hip fractures, Dr. Ferdinand Bernal from Philippines discussed about Vertebral kyphoplasty, while Dr. Edsel Arandia tackled on Orthogeriatric care of hip fractures.



Dr. Ferdinand Bernal (Philippines)

On the other hand, Ms. Elizabeth Chan from Singapore lectured on Intervention to Prevent Falls in Community-Dwelling Older Adults.



Dr. Elizabeth Chan (Singapore)

Dr. Scott Szu-Heng Wang from Taiwan, shared his expertise about the Non-pharmacologic Approach to Osteoporosis.



Dr. Scott Szu-Heng Wang (Taiwan)

The last plenary for the first day was about International Society for Clinical Densitometry (ISCD) – Asia-Pacific Best Practice in Bone Densitometry by Dato' Dr. Lee Joon-Kiong.



The second day was began with AFOS Editorial board meeting.

This was then followed by the first plenary which was about Asia-pacific fracture liaison service (FLS). Models of Care for secondary osteoporotic fracture prevention were discussed by each participating countries. Dato' Dr. Boon Ping Lim shared their experience in Malaysia, Dr. Tiu Kwok Leung represented Hongkong, Dr. Antonio San Juan shared their experience in Cebu Philippines. Dr. Lin Gao Tyan represented Taiwan FLS while Dr. Chionh Siok Bee shared the ideal FLS set-up in Singapore.



Dr. Tiu Kwok Leung (Hongkong)



Dr. San Juan of FLS (Philippines)



Dr. Delfin Tan (Philippines)

For the topics on Secondary Osteoporosis I, Dr. Sanjay Kumar Bhadada from India talked about Non-osteoporotic fragility fractures while Malaysian Dr. Swan Si, Yeap discussed about Auto-inflammatory disorders.

Meanwhile, Dr. Manoj Chadcha from India shared his expertise about Treatment of Bone Health in Chronic Kidney Disease. Dr. Mary Anne Lim-Abraham talked about Diabetic Osteopathy.



Dr. Lin Gao Tyan of FLS (Taiwan)



Dr. Manoj Chadcha (India)



Dr. Chionh Siok Bee (Singapore)

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**D**r. Delfin Tan discussed about Postmenopausal Osteoporosis: Assessment and management. While Dr. Ong-Art Phruetthipat discussed about current management of atypical femoral fractures.



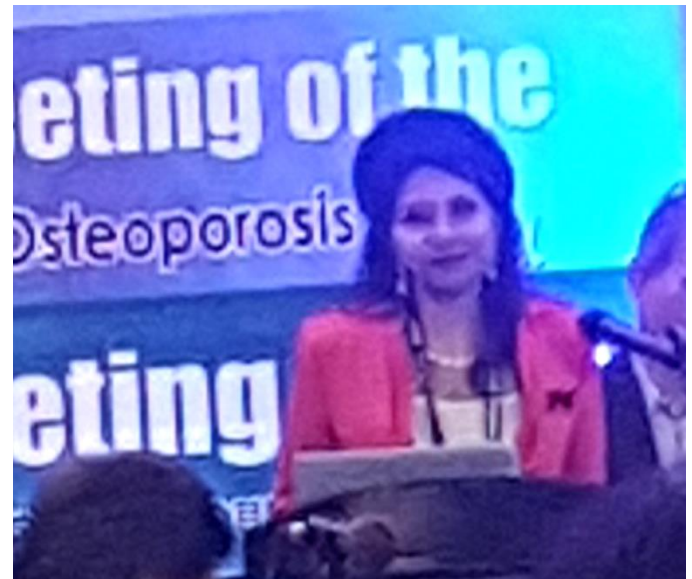


Dr. Mary Anne Lim-Abraham (Philippines)

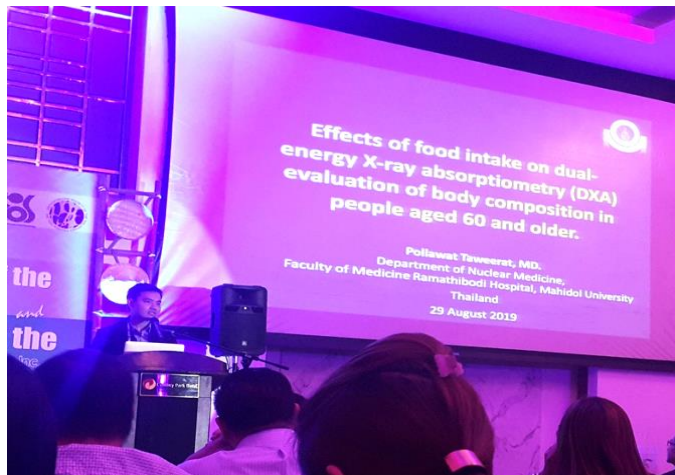
For the basic science of osteoporosis, Dr. Ma. Melanie Liberty Alcausin from Philippines talked about Influence of Genetics on Bone Health while Dr. Soo Young Lee from Korea discussed about New Basic Therapeutic options.

In the other symposium, the role of calcium and Vit. D supplementations were discussed. Dr. Manju Chandran talked about the role of calcium supplementation in musculoskeletal aging, usefulness and harm. Dr. Sandra Navarra shared her expertise on Immunomodulatory role of Vit. D. It was emphasized in her lecture that Vit. D is important in maintaining immunological homeostasis by its multidirectional effect on innates and adaptive immunity, and that it also have microbiocidal killing, anti-oxidative, and antifibrotic properties.

Prior to lunch another oral research presentation were shown. Dr. Pollawat Taweerat from Thailand presenting an Oral Research About Effects of food intake on Dual-energy X-ray absorption (DXA) Evaluation of body composition in people aged 60 and older.



Dr. Manju Chandran (Singapore)

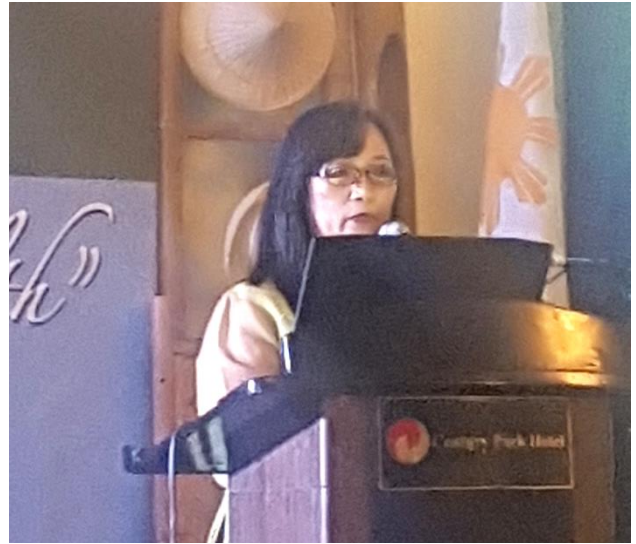


Dr. Pollawat Taweerat (Thailand)



Dr. Sandra Navarra (Philippines)





Ms. Maria Eloiza Villaraza (Philippines)

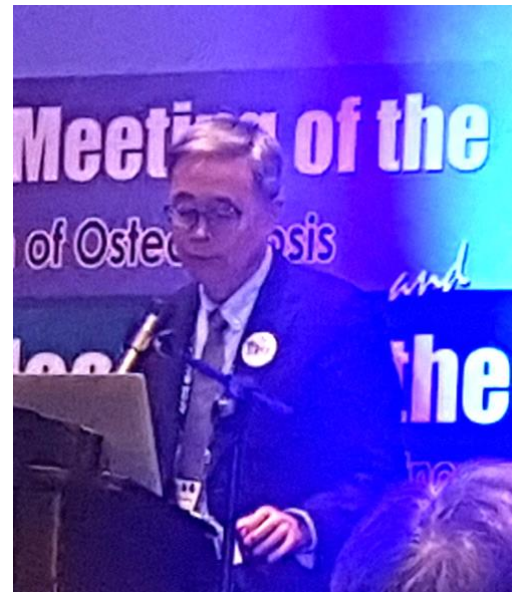
**D**r. Serge Ferrari talked about Issue of long term anti-osteoporosis therapy. This was then followed by panel discussion of real cases.

The day was ended with AFOS council members and faculty dinner.



AFOS dinner

**D**r. Yasuhiro Takeuchi from Japan talked about Advances in the treatment of glucocorticoid-induced osteoporosis. Dr. Hataikarn Nimitphong from Thailand discussed about cancer treatment-induced bone loss, while Dr. Weibo Xia from China spoke about drugs used to treat non-skeletal disorders.



Dr. Weibo Xia (China)

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On the third day of AFOS meeting, to discuss about bone health, Prof. Unnop Jaisamrarn from Thailand discussed about Role of sex hormones in bone health. Ms. Maria Eloisa Villariza, RND, MSCN, from Philippines, talked about, Optimizing bone health for all ages. Prof. Imelda Angeles-Agdeppa spoke about role of macro- and micro- nutrients in bone health.



Dr. Hataikarn Nimitphong (Thailand)



After the lectures, the presentation of awards to “Young Investigator Award and Best Poster Award” was done.

The convention was ended after the AFOS official key was turn-over to Singapore.

Dr. Sarath Lekamwasam from Sri Lanka tackled about setting the FRAX intervention threshold.



Dr. Sarath Lekamwasam (Sri Lanka)

Another informative lecture was done by Dr. Tuan Nguyen about the effect of fractures and bisphosphonates on mortality.