

Prevention & Treatment of Osteoporosis

By: Starrine

16th July 2011, UMS – The CPDU, School of Medicine organized the Osteoporosis Clinical Symposium that was held at the Gallery Chancellery, UMS. The event was officiated by AP Dr D Kamaruddin D Mudin, the Acting Dean School of Medicine. In his welcoming speech he stated that as the population of Sabah ages, the diseases of old age will inevitably become more and more significant. He added that osteoporosis is particularly debilitating, affecting the lives and health of Malaysians particularly of elderly women whose life expectancy are five and a half years longer than men. The symposium focused on issues that are already known, and those which are currently being discovered on the prevention, diagnosis and treatment of osteoporosis. AP Dr D Kamaruddin D Mudin also hoped that the symposium would act as a catalyst for an increased interest on osteoporosis in Sabah. Prof Dr. Peter Barling as a chairman mentioned that the aim of the symposium was to offer further insights in the causative mechanisms of osteoporosis, its diagnosis, prevention strategies, the means of delaying its onset, advice on how to avoid falls for those who are at risk of fracture, and treatment options for sufferers and incipient sufferers.

The organizer invited Dr. Lee Joon Kiong, Orthopedics Surgeon, Past President of the Malaysian Osteoporosis Society, and Dr Tan Ay Eeng, Obstetrician and Regenerative Medicine Specialist, from Universiti Kebangsaan Malaysia as a plenary speaker. The one day programme also discussed strategies on the management of osteoporosis, the current scenario in Malaysia, life style risk factors for development of osteoporosis, nutritional aspects of the prevention and treatment of osteoporosis, hormone replacement therapy and selective estrogens receptor modulators as treatments for osteoporosis and many more. The programme ended at 5.00 pm with photography session.

