

2026 OSTEOPOROSIS MANAGEMENT COURSE

A MULTIDISCIPLINARY APPROACH

**25 JULY 2026, SATURDAY
8.30AM - 6PM**

LT 37
TAHIR FOUNDATION BUILDING (MD1)
NATIONAL UNIVERSITY OF SINGAPORE
12 SCIENCE DRIVE 2,
SINGAPORE 117549

With proper treatment, the risk of fractures can be reduced by 30-70%. However, there is low awareness on the importance of osteoporosis among healthcare workers and patients. Hence, the number of people who are at high risk of fractures being diagnosed and managed appropriately is low (<20%). This course aims to raise awareness of potential fractures and its consequences.

Organised by the Osteoporosis Society Singapore (OSS), this course will teach healthcare professionals in the community to screen, diagnose and treat osteoporosis to prevent Singaporeans from sustaining fragility fractures.

REGISTRATION



* CME / CPE
ACCREDITATION
PENDING APPROVAL

PROGRAMME FEES

PHYSICIANS: SGD \$200

TRAINEES / NURSES /
ALLIED HEALTH: SGDS100

ENTRY REQUIREMENTS

Participants must possess either one of these qualifications:
MBBS / BSc Pharmacy /
BSc Nursing / Diploma in Nursing /
BSc (Diagnostic Radiography & Imaging) / Specialist Diploma in Radiology Nursing, or their equivalent

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COURSE SCHEDULE

08:30	Dr Linsey Gani A/P Ang Seng Bin	12:55	Dr Linsey Gani
Welcome Remarks & Introduction		Introduction of Speakers	
Identifying Osteoporosis: Importance & Diagnosis	A/P Ang Seng Bin	13:00	Dr Linsey Gani
- Importance of osteoporosis - Prevalence of osteoporosis & fragility fractures - Impact of fractures on morbidity & mortality - Diagnosis of osteoporosis		Pharmacological Management of Osteoporosis - Pharmacological options in the management of - osteoporosis - Risk & benefits of medications	
09:10	Dr Choo Kuan Swen	13:30	Dr Huang Zhongwei
Assessment of Risk of Osteoporosis & Fractures - Screening for risk of osteoporosis on DXA bone mineral density (BMD) using OSTA tool - Screening for fracture risk using FRAX tool		Hormone Replacement Therapy (HRT) & its Role in Bone Health Role of HRT in prevention of bone loss	
09:30	A/P Chionh Siok Bee	13:50	Dr Lydia Au
Secondary Causes of Bone Loss & Fractures - Raise awareness of the risk factors for fractures & potential secondary contributors of bone loss, such as T2DM & steroids. - Investigation & management of important secondary causes of osteoporosis		What's the Big Deal with Sarcopenia? Strategies to reduce sarcopenia in the elderly and to prevent falls	
10:00	Break	14:20	Break
10:15	A/P Chionh Siok Bee	14:35	Ms Janelle Pang
How to read a DXA Report		Nutrition for Bone Health & Muscle Health - Key nutrients, nutrient requirements and nutrients in food - Case studies	
10:35	A/P Ang Seng Bin Dr Choo Kuan Swen A/P Chionh Siok Bee	15:00	Ms Elizabeth Chan
Case Studies (25 mins each)		Exercise Interventions for Bone Health Exercise prescription for bone health & falls' risk reduction	
11:50	All Faculty Members	15:25	Dr Linsey Gani Dr Huang Zhongwei Dr Lydia Au
Q&A and Wrap-up		Case Studies (25 mins each)	
12:05	Lunch & Group Photo	16:40	All Faculty Members
		Q&A and Wrap-up	
		17:00	Examination

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TRAINERS' PROFILE



DR LINSEY GANI

**Consultant Endocrinologist
LG Endocrinology**

Dr Linsey Gani is the current president of OSS. She is Consultant Endocrinologist at LG Endocrinology, Novena Medical Center and visiting consultant with the Department of Endocrinology, Changi General Hospital. A fellow with the Royal Australian College of Physician and Academy of Medicine in Singapore, she holds a Masters of Public Health in health care management and public policy at the Harvard School of Public Health.



A/P ANG SENG BIN

**Senior Consultant
KK Women's and Children's
Hospital**

A/Prof Ang Seng Bin is a Family Physician, Senior Consultant of Family Medicine Service at KK Women's and Children's Hospital. He has been active in undergraduate and postgraduate teaching and has several teaching appointments. His research interests include osteoporosis, menopause, sexual health, healthcare innovations and dermatology.



A/P CHIONH SIOK BEE

**Senior Consultant, Endocrinology
National University Hospital**

Dr Chionh is a Senior Consultant in the Division of Endocrinology, Department of Medicine, National University Hospital (NUH) and Associate Professor, Yong Loo Lin School of Medicine, National University of Singapore (NUS). She has been past President of the Osteoporosis Society, Singapore, and of the Endocrine and Metabolic Society of Singapore. She is active in the education of NUS medical students and Endocrinology trainees and in NUH patient safety, as Associate Chairman, Medical Board (Medical Affairs, Clinical Governance), NUH.



DR LYDIA AU

**Senior Consultant, Geriatric Medicine
Ng Teng Fong General Hospital**

Dr Lydia Au is Assistant Vice Chairman for Medical Manpower and Development at JurongHealth Campus and Senior Consultant in Geriatric Medicine at Ng Teng Fong General Hospital. She pioneered geriatric services at JurongHealth, developing the award-winning orthogeriatric and started the geriatric oncology programmes. She leads initiatives in frailty care, chairs the Graduate Diploma in Geriatric Medicine, and contributes actively to national education and professional committees.



DR CHOO KUAN SWEN

**Consultant Endocrinologist
Changi General Hospital**

Dr Choo Kuan Swen is a Consultant Endocrinologist with Changi General Hospital. She obtained MRCP (UK) post-graduation and completed her Endocrinology training in Singapore. Her clinical expertise within the field of Endocrinology include diabetes, osteoporosis and metabolic bone disorders. She actively contributes to medical education and research, and has keen interest in raising public awareness on chronic disorders including osteoporosis.



DR HUANG ZHONGWEI

**Consultant
National University Hospital**

Dr Huang completed his medical studies at the National University of Singapore and did his doctorate studies at the University of Oxford, United Kingdom. He is an accredited specialist and clinician scientist in Obstetrics & Gynaecology and is currently based at the Department of Obstetrics and Gynaecology, Division of Reproductive Endocrinology and Infertility, National University Hospital, Singapore.



MS ELIZABETH CHAN

**Principal Physiotherapist
Singapore Cancer Society
Cancer Rehabilitation Centre**

Ms Elizabeth Chan holds a Bachelor in Physiotherapy and a Master of Science in Cancer Care. She has been actively involved in co-developing and conducting osteoporosis exercise programmes as well as assisting in health ambassador and healthcare professionals training in bone health.



MS JANELLE PANG

**Senior Dietician
National University Hospital**

Ms Janelle Pang specialises in a range of medical expertise such as surgical, diabetes, orthogeriatrics, cardiology, renal, and oncology. She is a clinical placement educator for SIT dietetics students, and overseas NUH's Nutritional Screening Audit to improve the identification of malnutrition risk of admitting patients.

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