

Department of Epidemiology and  
Biostatistics  
University of California, San Francisco  
School of Medicine



University of California  
San Francisco

6TH ANNUAL

# OSTEOPOROSIS

NEW INSIGHTS IN RESEARCH, DIAGNOSIS,  
AND CLINICAL CARE



THURSDAY - FRIDAY  
**July 16-17, 2009**

Fairmont Hotel  
San Francisco, California

**COURSE DIRECTOR**

**Dennis M. Black, PhD**

Professor of Epidemiology and Biostatistics  
University of California, San Francisco

**COURSE CO-CHAIR**

**Ann V. Schwartz, PhD**

Associate Professor of  
Epidemiology and Biostatistics  
University of California, San Francisco

# OSTEOPOROSIS

NEW INSIGHTS IN RESEARCH, DIAGNOSIS,  
AND CLINICAL CARE

Fairmont Hotel  
San Francisco, California

## July 16-17, 2009

**Presented by the Department of Epidemiology and Biostatistics of the University of California, San Francisco School of Medicine, this 2-day course features an expert faculty that will discuss the epidemiology, pathophysiology, diagnosis and treatment of osteoporosis. Specific topics will include the cell biology of osteoporosis, bone biomechanics, endocrine and nutrition aspects of osteoporosis, and advances in skeletal imaging, such as CT and MRI scanning.**

**The course will also critically review current treatment options and preview new treatments under study. There will be an emphasis on recent developments and current controversies in the etiology, diagnosis and management of osteoporosis.**

### TARGET AUDIENCE

The course is designed for physicians and other professionals in health research or clinical care who would find additional scientific background in the disease helpful, including those specifically involved in osteoporosis such as clinical trial managers, statisticians, physical therapists, and radiologic technologists.

This year the conference will place more focus on the latest clinical updates on diagnosis and treatments. No prior clinical or scientific training in osteoporosis is required.

**EDUCATIONAL OBJECTIVES** An attendee completing this course should be able to:

- Incorporate the use of bone mineral density and the new WHO risk-based guidelines to diagnose osteoporosis;
- Recognize the basic epidemiology of osteoporosis and risk factors for fractures;
- Identify underlying cellular mechanisms for maintenance of bone strength;
- Discuss the advantages and disadvantages of a variety of therapies approved for the treatment and prevention of osteoporosis;
- Provide patients health education on the role of calcium, other nutritional factors, and exercise in the prevention of osteoporosis;
- Utilize current guidelines in the treatment and screening of osteoporosis.

### ACCREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UCSF designates this educational activity for a maximum of 12.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

### Nurses:

For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit*<sup>™</sup> issued by organizations accredited by the ACCME.

### Pharmacists:

The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit*<sup>™</sup>.

### Family Physicians:

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

### Geriatric Medicine:

The approved credits shown above include 12.5 credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

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July 16-17, 2009

## THURSDAY, JULY 16, 2009

8:00 am *Registration and Continental Breakfast*

**MORNING MODERATOR: DENNIS M. BLACK, PHD**

### Bone Biology and Strength

8:30 **Bone Structure and Function and the Bone Remodeling Cycle** Dolores M. Shoback, MD

9:10 **Q&A**

9:20 **Beyond BMD: Bone Quality and Bone Strength** Mary L. Bouxsein, PhD

9:55 **Q&A**

### Fractures and Their Epidemiology

10:00 **Epidemiology and Risk Factors for Fracture** Mary L. Bouxsein, PhD

10:30 **Q&A**

10:35 *Break*

### Tools of Risk Assessment and Diagnosis

10:55 **Osteoporosis Diagnosis: BMD, Bone Quality, and Biochemical Markers** Dennis M. Black, PhD

11:25 **Q&A**

11:35 **Case Studies of Interpretation of BMD Scans** Deborah E. Sellmeyer, MD

12:05 pm **Q&A**

12:10 *Lunch (on your own)*

**AFTERNOON MODERATOR: MARY L. BOUXSEIN, PHD**

### Tools of Risk Assessment and Diagnosis *continued*

1:40 **Special Issues in the Diagnosis of Men** Peggy M. Cawthon, PhD, MPH

2:05 **Q&A**

2:10 **Secondary Causes of Osteoporosis and Clinical Evaluation** Diana M. Antonucci, MD

2:35 **Q&A**

2:40 *Break*

### Special Topics in Osteoporosis

3:00 **Bad to the Bones: Corticosteroids and Other Medications** Jonathan Graf, MD

3:40 **Q&A**

3:45 **Osteoporosis in Children: What's New?** Laura K. Bachrach, MD

4:30 **Q&A**

4:40 pm *Adjourn*

## FRIDAY, JULY 17, 2009

8:00 am *Continental Breakfast*

**MORNING MODERATOR: DEBORAH E. SELLMAYER, MD**

### Special Topics in Osteoporosis (continued)

8:30 **Diabetes, TZDs and Fracture** Ann V. Schwartz, PhD

8:45 **Q&A**

8:50 **Vertebroplasty and Kyphoplasty as Treatments for Vertebral Fracture** Douglas C. Bauer, MD

9:10 **Q&A**

### Treatment and Prevention: Non-Pharmacologic Interventions

9:15 **Nutrition: Protein, Salt, and Other Nutrients** Deborah E. Sellmeyer, MD

9:45 **Q&A**

9:50 **Vitamin D and Calcium: Role in Prevention and Treatment of Fractures and Falls** Deborah E. Sellmeyer, MD

10:20 **Q&A**

10:25 *Break*

10:45 **Physical Activity** Wendy Katzman, PT, DPTSc

11:05 **Q&A**

11:10 **Fall Prevention and Hip Protectors** Ann V. Schwartz, PhD, MPH

11:25 **Q&A**

### Treatment and Prevention: Non-Pharmacologic Interventions

11:30 **Estrogen, SERMS** Steven T. Harris, MD, FACP

program

## FRIDAY, JULY 17, 2009 (continued)

11:50	<b>Q&amp;A</b>	
12:05 pm	<b>Bisphosphonates</b>	Dennis M. Black, PhD
12:20	<b>Q&amp;A</b>	
12:30	<i>Lunch (on your own)</i>	
<b>AFTERNOON MODERATOR: ANN V. SCHWARTZ, PHD</b>		
<b>Treatment and Prevention: Non-Pharmacologic Interventions</b> <i>continued</i>		
1:50	<b>Anabolic Agents and their Combination with Anti-Resorptives</b>	Dennis M. Black, PhD
2:15	<b>Q&amp;A</b>	
2:20	<b>New Treatments on the Horizon</b>	Steven R. Commings, MD, FACP
2:40	<b>Q&amp;A</b>	
2:45	<i>Break</i>	
<b>Clinical Issues, Choices, and Dilemmas in Osteoporosis Therapy</b>		
3:05	<b>An Overview of Treatment Options: Tailoring Them to Individual Patients</b>	Dolores M. Shoback, MD
3:30	<b>Q&amp;A</b>	
3:35	<b>Monitoring of Treatment in Osteoporosis: BMD, Bone Markers, or None of the Above</b>	Douglas C. Bauer, MD
3:55	<b>Q&amp;A</b>	
4:00	<b>Case Study of an Older Post-Menopausal Woman</b>	Douglas C. Bauer, MD
4:15	<b>Case Study of an Older Man</b>	Steven R. Cummings, MD, FACP
4:30	<b>Case Study of a Pre-Menopausal Woman</b>	Diana M. Antonucci, MD
4:45	<b>Case Study of an Early Post-Menopausal Woman</b>	Steven T. Harris, MD, FACP
5:00 pm	<i>Adjourn/Evaluations/Certificates</i>	

### GENERAL INFORMATION

Pre-registration is preferred to ensure that registrants receive a syllabus and CME Certificate at the course. Advanced registration closes one (1) business day prior to start of course. On site registration fees, if applicable, will be applied after this date.

### REGISTRATION INFORMATION

Tuition: **\$345** Physicians  
**\$275** Nurses/ Pharmacists/  
Allied Health Professionals/  
Residents/Fellows

Payment may be made by Visa, MasterCard, AmEx or check.

### REGISTER VIA:

**Online:** [www.cme.ucsf.edu](http://www.cme.ucsf.edu)

**Mail:** Complete course registration form and send with payment to:  
UCSF Office of CME  
P.O. Box 45368  
San Francisco, CA  
94145-0368

**Fax:** Fax completed registration form to:  
(415) 502-1795 (be sure to include your credit card number)

**On-Site Registration:** Generally we are able to accommodate on-site registration at our courses. To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808. Please check our website for up-to-date information on the course: [www.cme.ucsf.edu](http://www.cme.ucsf.edu). Please check our website for up-to-date information on the course: [www.cme.ucsf.edu](http://www.cme.ucsf.edu)

### REFUND POLICY

Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

### CONFERENCE LOCATION

#### FAIRMONT HOTEL, San Francisco, California

A block of guestrooms has been reserved at the special UCSF conference rate of \$249/night. You are urged to make your reservations early. The cut off date is June 12, 2009, or until the group room block is filled. After this date, rooms will be provided on a space-available basis only. If you prefer to phone in your reservation, please identify yourself as a member of this conference to receive the special rate.

To make hotel reservations on-line, go to:

<https://resweb.passkey.com/go/osteoporosis>.

If you prefer to telephone in your reservation, call (800) 441-1414 and identify yourself as a member of this UCSF conference to receive the special rate.

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable.

### RENTAL CAR

Hertz is offering special rates for participants of this conference; simply call (800) 654-2240 and refer to identification number #03BW0128, or call your travel agent. You may also make reservations at [www.Hertz.com](http://www.Hertz.com). Advance reservations are recommended.

### AIR TRANSPORTATION

Special arrangements have been made with Montgomery Travel Simply call (800) 391-2287 8:30-5:30pm PST or complete the form on the UCSF web page at [www.montgomerytravel.com](http://www.montgomerytravel.com). In addition to offering lower rates than published airfares, ticketed passengers may take advantage of the after hours emergency service. There is a \$40 service fee.

UCSF has negotiated special fares with American and United Airlines for our course attendees. You may use the following tour codes to book on your own:

American (800) 433-1790 code: 15273

United (800) 521-4041 code: 510CF

## Upcoming CME Courses

### **Northern California Bone and Mineral Symposium**

November 6-7, 2009  
Monterey, California

### **Infectious Diseases in Clinical Practice**

February 14-19, 2010  
Big Island, Hawaii

### **Primary Care Medicine: Update 2010**

April 4-9, 2010  
Maui, Hawaii

♻️ Printed on Recycled Paper

For more information or to register online visit our website at [www.cme.ucsf.edu](http://www.cme.ucsf.edu). You may also reach us by calling the Office of CME at (415) 476-4251 or emailing [info@ocme.ucsf.edu](mailto:info@ocme.ucsf.edu).

# UCSF

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Medical Education  
UCSF Box 0742  
San Francisco, CA  
94143-0742

#### **COURSE CHAIR**

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San Francisco

#### **COURSE CO-CHAIR**

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Associate Professor of  
Epidemiology and Biostatistics  
University of California,  
San Francisco

#### **GUEST FACULTY**

**Laura K. Bachrach, MD**  
Professor of Pediatrics  
Stanford University School of  
Medicine; Stanford, California

**Mary L. Bouxsein, PhD**  
Assistant Professor, Department  
of Orthopedic Surgery  
Harvard Medical School,  
Boston, MA

**Peggy M. Cawthon, PhD, MPH**  
Associate Scientist  
San Francisco Coordinating  
Center; California Pacific Medical  
Center Research Institute  
San Francisco, California

**Steven R. Cummings, MD, FACP**  
Sr. Scientist and Director of  
Clinical Research  
CPMC Research Institute  
San Francisco Coordinating  
Center; San Francisco, California

**Deborah E. Sellmeyer, MD**  
Associate Professor of Medicine,  
Director Johns Hopkins  
Metabolic Bone Center  
Baltimore, Maryland

#### **COURSE FACULTY**

(University of California,  
San Francisco)

**Diana M. Antonucci, MD**  
Assistant Professor of Medicine,  
Division of Endocrinology

**Douglas C. Bauer, MD**  
Professor of Medicine and  
Epidemiology and Biostatistics

**Jonathan Graf, MD**  
Assistant Adjunct Professor  
of Medicine; Division of  
Rheumatology, San Francisco  
General Hospital

**Steven T. Harris, MD, FACP**  
Clinical Professor of Medicine

**Wendy Katzman, PT, DPTSc**  
Assistant Clinical Professor of  
Physical Therapy & Rehabilitation  
Science

**Dolores M. Shoback, MD**  
Professor of Medicine, UCSF  
Endocrine Research Unit  
San Francisco VA Medical Center

# faculty

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Mail to : UCSF Office of CME  
P.O. Box 45368  
San Francisco, CA 94145-0368  
Fax: (415) 502-1795

Registration Information: (415) 476-5808  
Course Information: (415) 476-4251  
Online registration: www.cme.ucsf.edu

Dr.  Mr.  Mrs.  Ms.

Last Name \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_

Degree \_\_\_\_\_ Specialty \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

**Address Label Code Letter (see address label: example, A, B, C, D, etc.)**

Would you like to be on our priority email list?  Yes  No

Date of birth to be used as OCME registrant number: \_\_\_\_\_ / \_\_\_\_\_ / **XX**  
Month Day

Please indicate if you have any special needs: \_\_\_\_\_

**Registration Fees** (receipt/Confirmation will be mailed within two to four weeks):

- \$345** Physicians
- \$275** Nurses/Pharmacist/Allied Health Professionals /Residents/Fellows

Make checks payable to *UC Regents*

Please charge my credit card:  Visa  MasterCard  AmEx for \$ \_\_\_\_\_

Card # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiration date

Name on Card (Please Print) \_\_\_\_\_ Authorized Signature \_\_\_\_\_

Refund Policy: Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up to date information on the course: [www.cme.ucsf.edu](http://www.cme.ucsf.edu).

**Fairmont Hotel**  
950 Mason St.  
San Francisco, CA 94108  
(415) 772-5000  
<https://resweb.passkey.com/go/osteoporosis>

