



6TH International Annual Conference of The Egyptian Academy of Bone Health and Metabolic Bone Diseases

In Collaboration with
13rd PAN ARAB Osteoporosis Society Conference

EGYBONE إيجبي بون

09TH - 10TH
OCT. 2025

TRIUMPH
LUXURY HOTEL
New Cairo, Egypt



The Joint Annual Conference Egyptian Academy of Bone & Muscle Health & Pan Arab Society for Osteoporosis

Day 1: 9 October 2025	
08:45 AM – 09:15 AM	Registration
09:15 AM – 09:30 AM	Opening: The Critical Shift to a Proactive Approach to Bone Health
09:30 AM – 10:20 AM	Session 1: Bone and Muscle health Essentials
10:20 AM – 11:00 AM	Session 2: Hot topics: Osteoporosis therapy
11:00 AM – 12:10 PM	Session 3: The Big Debate: Drug holiday in Osteoporosis Management: To be or not to be
12:10 PM – 12:55 PM	Session 4: Osteoporosis in the Arab World
12:55 PM – 01:30 PM	Coffee Break
01:30 PM – 02:30 PM	Plenary Lecture/Symposium: FLS in the Arab World
02:30 PM – 03:40 PM	Session 5: Primary Fracture Prevention: A population-based intervention
03:40 PM – 04:30 PM	Session 6: Secondary Osteoporosis
04:30 PM – 05:00 PM	Session 7: Dental Care and Osteoporosis
05:00 PM – 06:00 PM	Session 8: Muscle Health: Insights into ageing

Day 2: 10 October 2025

09:00 AM – 09:30 AM	Registration
09:30 AM – 10:20 AM	Session 1: Digital Health
10:20 AM – 11:20 AM	Session 2: Pediatric Osteoporosis
11:20 AM – 12:00 PM	Session 3: Bone, biochemistry and beyond: Mineral Disorders Clinic
12:00 PM – 12:45 PM	Session 4: The big debate
12:45 PM – 02:00 PM	Prayer and coffee break
02:00 PM – 03:15 PM	Section 5: Cartilage Health
03:15 PM – 04:00 PM	Session 6: Young Career Researchers
04:00 PM – 04:50 PM	Session 7: Bone Health-Orthopedic Lens
04:50 PM – 05:40 PM	Session 8: DXA
05:40 PM – 06:30 PM	Session 9: My Voice Matters: Patient Engagement Session: Patient experience of living with fractures

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09:00 AM – 09:30 AM	Registration
09:15 AM – 09:30 AM	Opening: The Critical Shift to a Proactive Approach to Bone Health
09:30 AM – 10:20 AM	Session 1: Bone and Muscle health Essentials
Chairpersons: Nadia Alali Manal Menyawi Mohamed Elwy	
09:30 AM – 09:50 AM	MicroRNAs: Novel Risk Predictors in Musculoskeletal Disease Prof. Nadia Kamel, Egypt
09:50 AM – 10:10 AM	Bone, fat, and muscle interactions in health and disease (Prof. Mona Mansour, Egypt)
10:10 AM – 10:20 AM	Discussion
10:20 AM – 11:00 AM	Session 2: Hot topics: Osteoporosis therapy
Chairpersons: Nadia Kamel Hassan Bassiouni Hanan Kotb	
10:20 AM – 10:40 AM	Hormone Therapy for osteoporosis management and Fracture Prevention (Dr. Samar El Emadi, Qatar)
10:40 AM – 11:00 AM	Osteoporosis Treatment: Duration and after discontinuation (Dr. Riad Alsulaimani, Saudi Arabia)
11:00 AM – 12:10 PM	Session 3: The Big Debate: Drug holiday in Osteoporosis Management: To be or not to be
Chairpersons: Riad Alsulaimani Yasser El Miedany	
11:00 AM – 11:05 AM	Vote Drug holiday Vs Non-drug holiday
11:05 AM – 11:30 AM	Debate: Drug holiday in Osteoporosis Management (Prof. Roland CHAPURLAT, France)
11:30 AM – 11:55 AM	Debate: No drug holiday (Prof. Serge Ferrari, Switzerland)
11:55 AM – 12:05 AM	5 minutes for each speaker to catch up
12:05 AM – 12:10 AM	Vote

12:10 PM – 12:55 PM	Session 4: Osteoporosis in the Arab World
<u>Chairpersons:</u> Ali Aldeeb Mona Mansour Samar Alemadi	
12:10 PM – 12:30 PM	Imminent fracture risk and the role of FLS (Prof. Mona Fouda, Saudi Arabia)
12:30 PM – 12:50 PM	Comparison of strategies for setting intervention thresholds: FRAX Vs Age varying NOGG (Dr. Walaa Elwakil, Egypt)
12:50 PM – 12:55 PM	Questions
12:55 PM – 01:30 PM	Coffee Break
01:30 PM – 02:30 PM	Plenary Lecture/Symposium: FLS in the Arab World
<u>Chairpersons:</u> Aziza Omar Nadia Alali	
02:30 PM – 03:40 PM	Session 5: Primary Fracture Prevention: A population-based intervention
<u>Chairpersons:</u> Hesham Habib Mohsen Sarhan Yasser El Miedany	
02:30 PM – 02:50 PM	Bridging the binaries: moving beyond the primary/secondary dichotomy (Nirvana Mohamed , Food Bank Egypt)
02:50 PM – 03:10 PM	experiences with implementation of screening program (Ahmed Samir, Food Bank Egypt)
3:10 PM – 03:30 PM	Outcomes of the first primary care prevention scheme in the middle east (Dr. Nadia Al Ali, Kuwait)
03:30 PM – 03:40 PM	Discussion
03:40 PM – 04:30 PM	Session 6: Secondary Osteoporosis
<u>Chairpersons:</u> Ahmed Elyasaki Basel Elmasry Mohamed Imam Rahim Suhail	
03:40 PM – 04:00 PM	Glucocorticoids Induced Osteoporosis (Prof. Julien Paccou, France)
04:00 PM – 04:20 PM	Parathyroidism, bone and Muscle health (Prof. Mohamed Halawa)

04:30 PM – 05:00 PM	Session 7: Dental Care and Osteoporosis
<u>Chairpersons:</u> Marwa Yahia Nizar Abdel Latif Safaa Mahran	
04:30 PM – 05:00 PM	Can I have Tooth Extraction done while on Bisphosphonate therapy? Prof. Samia Elazab Prof. Ahmed Elyasaki (Egypt)
05:00 PM – 06:00 PM	Session 8: Muscle Health: Insights into ageing
05:00 PM – 05:25 PM	Novel Concepts: Assessment of Intrinsic Capacity (Prof. Safaa Mahran, Egypt)
05:25 PM – 05:55 PM	The secret to why exercise is so good for mental health: Hope Molecules (Prof. Gurprit Lall, UK)
05:55 PM – 06:00 PM	Discussion

Day 2: 10 October 2025

09:00 AM – 09:30 AM	Registration
09:30 AM – 10:20 AM	Session 1: Digital Health
<u>Chairpersons:</u> Hala Elgendy Naglaa Gadallah	
09:30 AM – 09:50 AM	Bone Density and Muscle Stress in Microgravity (Prof. Mohamed Hassan, Egypt)
09:50 AM – 10:10 AM	Digital health interventions for osteoporosis and post-fragility fracture care (Prof. Naglaa Ali Gadallah, Egypt)
10:10 AM – 10:20 AM	Discussion
10:20 AM – 11:20 AM	Session 2: Pediatric Osteoporosis
<u>Chairpersons:</u> Hala Lotfy Hala Salah Waleed Hassan	
10:20 AM – 10:50 AM	Novel treatments for Pediatric Rare Bone Diseases Prof. Leanne Ward, Canada
10:50 AM – 11:10 AM	Advances in the Bone Health Assessment of Children (Prof. Waleed Hassan, Egypt)
11:10 AM – 11:20 AM	Discussion
11:20 AM – 12:00 PM	Session 3: Bone, biochemistry and beyond: Mineral Disorders Clinic
<u>Chairpersons:</u> Faten Ismail Mohamed Hassan Sabreen	
11:20 AM – 11:40 AM	Approach to diagnosing celiac disease in patients with low BMD or fragility fractures (Dr. Salwa Alaidarouss, Saudi Arabia)
11:40 AM – 12:00 PM	Practical Clinical Application of Biochemical Markers of Bone Turnover (Prof. Bassant Elnady, Saudi Arabia)
12:00 PM – 12:45 PM	Session 4: The big debate
<u>Chairpersons:</u> Ahmed Elyassaki Heba Abdel Wahab	
12:00 PM – 12:30 PM	Vitamins and Minerals: how much is too little, how much is too much? (Dr. Ghada Saber / Dr. Walaa Sleem, Egypt)
12:30 PM – 12:45 PM	Discussion

12:45 PM – 02:00 PM	Prayer and coffee break
02:00 PM – 03:15 PM	Section 5: Cartilage Health
<u>Chairpersons:</u> Ahmed Abdel Nasser Hesham Habib Samar Tabra	
02:00 PM – 02:20 PM	Life After 50: Aging changes in the bones - muscles –and joints (Dr. Sally Saber, Egypt)
02:20 PM – 02:40 PM	Models of care for Osteoarthritis (Prof. Nizar Abdel Latif, Iraq)
2:40 PM – 03:00 PM	Risk-stratified and stepped models of care for back pain (Dr. Assal Adnan, Iraq)
03:00 PM – 03:15 PM	Discussion
03:15 PM – 04:00 PM	Session 6: Young Career Researchers
<u>Abstracts:</u> Nahla Zakaria Zahraa Selim	
04:00 PM – 04:50 PM	Session 7: Bone Health-Orthopedic Lens
<u>Chairpersons:</u> Hanan Elsaadany Mortada Mortada	
04:00 PM – 04:20 PM	Osteoporosis and the orthopaedic surgeon: basic concepts for successful co-management of patients' bone health (Prof. Marwa Yahia Mahgoub, Egypt)
04:20 PM – 04:40 PM	Bone Health Optimization in Orthopaedic Surgery (Dr. Samar Tabra, Egypt)
04:40 PM – 04:50 PM	Discussion
04:50 PM – 05:40 PM	Session 8: DXA
<u>Chairperson:</u> Annie Nasr Naglaa Gadallah Loay Aglaan	
04:50 PM – 05:10 PM	Bone Health Muscle strength and lean mass: Relationships and Exercise recommendations (Dr. Abdel Latif, Egypt)
05:10 PM – 05:30 PM	DXA: BMD & more (Prof. Thamer Alessa, Kuwait)
05:30 PM – 05:40 PM	Discussion

05:40 PM – 06:30 PM	Session 9: My Voice Matters: Patient Engagement Session: Patient experience of living with fractures
<u>Chairpersons:</u> Nadia Elaroussy Yasser El Miedany	
05:40 PM – 06:00 PM	Patient education: Osteoporosis prevention and treatment (Beyond the Basics) (Dr. Aya Hamed, Egypt)
06:00 PM – 06:20 PM	Patient's views and Expectations: Knowledge, risk perception, and impact on engagement in the prevention of musculoskeletal diseases
06:20 PM – 06:30 PM	Closure and declaration of the next conference Closure and conclusions: Prof. Yasser El Miedany / Dr. Samar Alemadi