

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



University of California  
San Francisco

13<sup>TH</sup> ANNUAL

# OSTEOPOROSIS

NEW INSIGHTS IN RESEARCH, DIAGNOSIS,  
AND CLINICAL CARE

HOTEL KABUKI • SAN FRANCISCO, CALIFORNIA

THURSDAY - FRIDAY  
July 21-22, 2016



#### COURSE DIRECTORS

**Dennis M. Black, PhD**

Professor of Epidemiology and Biostatistics  
University of California, San Francisco

**Ann V. Schwartz, PhD**

Professor of Epidemiology and Biostatistics  
University of California, San Francisco

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AND CLINICAL CARE

Hotel Kabuki  
San Francisco, California

July 21-22, 2016

**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 improve clinical practice related to:

- Use of bone mineral density testing to screen for osteoporosis;
- Use of WHO/FRAX calculator to diagnose osteoporosis and predict fracture risk;
- Diagnosis and treatment of secondary causes of osteoporosis, including medications associated with bone loss and fracture risk;
- Providing appropriate non-pharmacological counseling and therapy for osteoporosis treatment and prevention;
- Providing appropriate pharmacological treatment for osteoporosis, including use of new therapies.

## 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 live activity for a maximum of **12.25 AMA PRA Category 1 Credits™**. Physicians should claim only the 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™* issued by organizations accredited by the ACCME.

**Pharmacy:** 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™*.

**Physician Assistants:** AAAPA accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and AMA PRA category 1 credit™ from organizations accredited by the ACCME.

**Geriatric:** The approved credits shown above include **12.25** credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

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



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## THURSDAY, JULY 21, 2016

8:00 am *Registration and Continental Breakfast*

**MORNING MODERATOR: DENNIS BLACK, PhD**

**Introduction: Bone Biology and Fracture Epidemiology**

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

9:05 **Q&A**

9:10 **Epidemiology and Consequences of Fractures** Ann Schwartz, PhD

9:35 **Q&A**

9:40 **Beyond BMD: Bone Quality and Bone Strength** Mary Bouxsein, PhD

10:10 **Q&A**

10:15 *Break*

10:35 **Osteoporosis Diagnosis: BMD, FRAX and Assessment of Secondary Osteoporosis** Steven Harris, MD

11:10 **Q&A**

11:20 **Case Studies of Interpretation of BMD Scans** Deborah Sellmeyer, MD

11:55 **Q&A**

12:10 pm *Lunch (on your own)*

**AFTERNOON MODERATOR: ANN SCHWARTZ, PhD**

**Special Topics in Osteoporosis**

1:40 **Kyphosis: Causes, Consequences, Treatment** Wendy Katzman, DPTSc

2:10 **Q&A**

2:15 **The Other Half of the Fracture Equation: Fall Prevention and Management** Edgar Pierluissi, MD

2:45 **Q&A**

2:50 **Exercise and Fracture Prevention** Deborah Sellmeyer, MD

3:10 **Q&A**

3:15 **Bad to the Bones: Glucocorticoids and Prevention of Glucocorticoid-induced Osteoporosis** Jonathan Graf, MD

3:45 **Q&A**

3:50 *Break*

4:10 **Protein, Salt, and Other Nutrients** Deborah Sellmeyer, MD

4:35 **Q&A**

4:40 pm *Adjourn*

### GENERAL INFORMATION

Advanced registration closes one (1) business day prior to start of course.

### REGISTRATION INFORMATION

Tuition: **\$450** Physicians  
**\$365** Nurses/ Allied Health Professionals/  
Residents/Fellows

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

Electronic Syllabus - The syllabus will be transmitted electronically prior to the course.

### 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)

**Phone:** To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808.

**On-Site Registration:** Generally we are able to accommodate on-site registration at our courses however pre-registration is preferred to ensure that we have adequate course materials. Please check our website for up-to-date information on the course: [www.cme.ucsf.edu](http://www.cme.ucsf.edu)

gen.info

## FRIDAY, JULY 22, 2016

8:00 am *Continental Breakfast*

### MORNING MODERATOR: MARY BOUXSEIN, PhD

8:30 **Vitamin D and Calcium: The Good, The Bad, and The Ugly** Cliff Rosen, MD

9:10 **Q&A**

### Treatment and Prevention: Pharmacologic Interventions

9:15 **Who and When to Treat** Anne Schafer, MD

9:30 **Q&A**

9:35 *Break*

9:55 **Bisphosphonates: Efficacy** Dennis Black, PhD

10:15 **Denosumab and Other Non-bisphosphonate Anti-resorptives** Nancy Lane, MD

10:30 **Q&A**

10:35 **Teriparatide Alone and in Combination with Anti-Resorptives** Cliff Rosen, MD

10:55 **Q&A**

11:00 **New Osteoporosis Treatments** Mary Bouxsein, PhD

11:20 **Q&A**

11:25 *Lunch (on your own)*

### AFTERNOON MODERATOR: DEBORAH SELLMAYER, MD

#### Special Topics in Osteoporosis Treatment

12:55 pm **Balancing Risk and Benefits of Pharmacological Treatment** Dennis Black, PHD

1:15 **Q&A**

1:20 **Monitoring Patients on Initial Therapy** Steven Harris, MD

1:40 **Q&A**

1:45 **Optimal Treatment Duration** Dennis Black, PhD

2:00 **Q&A**

#### Controversies in Long Term Treatment

2:05 **Drug Holiday: What to Do After?** Cliff Rosen, MD

2:25 **Case Presentation** Anne Schafer, MD

2:35 **Q&A**

2:40 **Switching Therapy: When and For Whom?** Steven Cummings, MD

2:55 **Q&A**

3:00 **Case Presentation** Anne Schafer, MD

3:10 *Break*

#### Osteoporosis Treatment Wrap-Up

3:30 **Clinical Decision-making: Pharmacological Therapy with Case Studies** Dolores Shoback, MD

4:00 **Q&A**

4:05 **Ask for a Consult: A Roundtable on Osteoporosis Cases** Steven Harris, MD  
Cliff Rosen, MD  
Deborah Sellmeyer, MD  
Dolores Shoback, MD

5:00 pm *Adjourn*

#### 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

Enjoy San Francisco's renowned attractions such as the historic cable cars, shopping in Union Square, or visit San Francisco's culinary hub at the Ferry Building.

#### HOTEL KABUKI

A block of guestrooms has been reserved at the special UCSF conference rate of **\$259/night**. You are urged to make your reservations early. The cut-off date is **June 17, 2016**, or until the group room block is filled. After this date, rooms will be provided on a space-available basis only. To make hotel reservations on-line, go to [www.cme.ucsf.edu](http://www.cme.ucsf.edu) and click on the hotel link in the Travel & Lodging section of the course webpage.

If you prefer to telephone in your reservation, call 1-800-533-4567 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

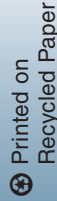
Hertz is offering special rates for participants of this conference; simply call 800-654-2240 and refer to convention number # 03BW0135 or call your travel agent. You may also make reservations at [www.Hertz.com](http://www.Hertz.com). Advance reservations are recommended.

#### AIR TRANSPORTATION

UCSF has negotiated special fares with United Airlines for our course attendees. You may use the following tour codes to book on your own:  
[www.united.com](http://www.united.com) code: ZVNP249310



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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).

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San Francisco

**Ann V. Schwartz, PhD**  
Professor of Epidemiology  
and Biostatistics  
University of California,  
San Francisco

#### COURSE FACULTY

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

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

**Jonathan Graf, MD**  
Associate Professor  
of Medicine, Division of  
Rheumatology, San Francisco  
General Hospital  
University of California,  
San Francisco

**Steven T. Harris, MD, FACP**  
Professor of Medicine  
University of California,  
San Francisco

**Wendy L. Katzman, PT, DPTSc**  
Associate Professor of Physical  
Therapy & Rehabilitation Science  
University of California,  
San Francisco

**Edgar Pierluissi, MD**  
Professor of Clinical Medicine  
Medical Director, Acute Care for  
Elders (ACE) Unit  
San Francisco General Hospital

**Clifford J. Rosen, MD**  
Professor of Medicine  
Tufts University School of Medicine  
Maine Medical Center  
Research Institute  
Scarborough, Maine

**Anne Schafer, MD**  
Assistant Professor of Medicine  
and of Epidemiology & Biostatistics  
University of California,  
San Francisco

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

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

faculty



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Mail to : UCSF Office of CME  
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San Francisco, CA 94145-0368

Online registration: [www.cme.ucsf.edu](http://www.cme.ucsf.edu)  
Registration Information: (415) 476-5808  
Course Information: (415) 476-4251  
Fax: (415) 502-1795

Dr.  Ms.  Mr.  Mrs.

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

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Degree Specialty

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Address

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City State Zip

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Daytime Phone Fax

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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:**

- \$450** Physicians
- \$365** Nurses/Allied Health Professionals/Residents/Fellows

Make checks payable to: *UC Regents*

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

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

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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.

Electronic Syllabus: The syllabus will be transmitted electronically 1 week prior to the course.

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**Hotel Kabuki**  
1625 Post Street  
San Francisco, CA 94115  
[www.jdvhotels.com](http://www.jdvhotels.com)  
415-922-3200

