



10th International

**osteoporosis
Symposium**

Yerevan, Armenia

6 October 2016

American University of Armenia

Yerevan, Armenia

Director:

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Participating Faculty:

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Varta Babalyan, MD
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Edward Toromanyan, MD
Chief Endocrinology
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Yerevan, Armenia

Sargis Sahakyan, MD
Traumatologist-Orthopedist
Ashtarak Hospital

PROGRAM

**9:30-9:45 Welcomes: Levon Altunyan Minister of Health
Armen Der Kiureghian, PhD, President of American University of
Armenia, Varduhi Petrosyan, Dean School of Public Health,
American University of Armenia, Cyrus Cooper, President-elect
International Osteoporosis Foundation; Olga Lesnyak, President
Russian Osteoporosis Association**

9:45-10:00 Welcome and Introduction to the Program: John Bilezikian

**10:00-10:45 Key Note Lecture: Epidemiology of Osteoporosis throughout
the world. Progress in understanding and implementing the
goals of the International Osteoporosis Foundation
Cyrus Cooper**

**10:45-11:00 The Armenia Osteoporosis Association
Main goals and activities
Varta Babalyan**

**11:00-12:00 Armenia, a developing center of research in osteoporosis,
nutrition, and other endocrinological disorders:**

**11:00-11:15 Revisiting the question of iodine deficiency and
thyroid disease in Armenia: Nicholas Hutchings and Edward Toromanyan**

11:15-11:30 Vitamin D Deficiency in Armenia: Varta Babalyan

**11:30-11:45: The Armenian Plate: Is it adequate in calcium and
other nutrients? Kim Hekimian**

**11:45-12:00: A FRAX for Armenia Olga Lesynak and Sargis
Sahakyan**

**12:00-12:30 Update: New issues in osteoporosis
John Bilezikian**

12:30-13:30 Lunch

13:30-15:15 PM: Breakout Sessions

Workshops #1-5: Clinical Case Approach to Management of Osteoporosis by Different Specialties. Participants will select one of these workshop sessions according to their preference.

Workshop #1. Prevention of Osteoporosis: Nutrition and physical activity from early age to schoolchildren to adolescents.

Moderators: Kim Hekimian and Nicholas Hutchings

Workshop #2. Controversial Topics in Osteoporosis- testing, treatment, monitoring, acute and chronic management of osteoporotic fractures; side effects

Moderators: John Bilezikian, and Varta Babalyan

Workshop #3. Diabetes and Obesity in Armenia: why is it a problem for healthy bones? Moderators: Mariam Manoukian and Yelena Aghajanova

Workshop #4. Osteoporosis as seen by a Rheumatologist- What is the best way to use glucocorticoids and how to deal with the skeletal consequences?

Moderators: Armine Haroyan, Olga Lesynak, and Nouné Pashinian

Workshop #5. The Perimenopausal Woman and her skeletal health- when do we test women? what do we do with the results of the test? What do we think of estrogens in postmenopausal women?

Moderators: Karine Arustamyan and Elena Sagayan

15:15-16:00 Coffee and Tea Break

16:00-17:00 Full Meeting with summary reports from each of the workshop groups.

17:00-17:15: Wrap up and summary of the conference.

20:30 Gala Anniversary Dinner: Charles or Salon Restaurant

