

# Osteoporosis Prevention:

A Workshop on Calcium, Vitamin D and other Nutritional Aspects  
Sponsored by the Centre of Clinical Research Excellence in Nutritional Physiology

March 5 and 6 2010, Adelaide, South Australia

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## Advisory Panel

Katrine Baghurst  
Peter Ebeling  
Graeme Jones  
Jennifer Keogh  
Deborah Kerr  
Rebecca Mason  
Caryl Nowson  
Richard Prince  
Ian Reid  
Markus Seibel  
Stewart Truswell

## Local Organising Committee

Christopher Nordin (Chairman)  
Howard Morris  
Peter Clifton  
Tim Murphy (Executive Officer)

[tim\\_murphy@adelaide.edu.au](mailto:tim_murphy@adelaide.edu.au)

Tel +61 8 8222 2960  
Fax +61 8 8223 3870

Eleanor Harrald Building,  
Royal Adelaide Hospital,  
University of Adelaide,  
SA 5005  
AUSTRALIA

## Welcome

On behalf of the Advisory Panel and the Local Organising Committee, we welcome you to the 2010 'Osteoporosis Prevention: a workshop on Calcium, Vitamin D and other nutritional aspects'. The workshop will be held in the Banquet Room of the Adelaide Festival Centre on March 5 and 6, 2010.

A draft programme is attached.

## Registration (including access to all sessions, lunch, morning and afternoon tea)

Two day Early Bird (register by January 15, 2010) \$175

Two day (register after January 15, 2010) \$250

Single day \$125

## You are invited to submit an abstract

Abstracts for verbal presentation and posters should include the following sections: Title in upper case, Authors (presenter underlined), Addresses, Introduction, Methods, Results, Discussion and Conclusions. All margins are to be set at a 2.54 cm, font in Times New Roman at 12 point with justified text. Files should be named 'SURNAME\_OP10.doc'. Abstracts to be sent via e-mail to [tim.murphy@adelaide.edu.au](mailto:tim.murphy@adelaide.edu.au). There is no limit on word count but the abstract should fit comfortably on an A4 page. Titles and authorship will appear on our website from the first day of the meeting. ([www.adelaide.edu.au/ccre-nutrition](http://www.adelaide.edu.au/ccre-nutrition)). **Deadline for abstracts is January 15, 2010.**

## Accommodation

A range of accommodation within walking distance of the Adelaide Festival Centre is available. Please contact Tim Murphy ([tim.murphy@adelaide.edu.au](mailto:tim.murphy@adelaide.edu.au)) if you would like assistance with your accommodation booking.

A number of rooms have been reserved at the Mercure Grosvenor Hotel for \$155.00/night.

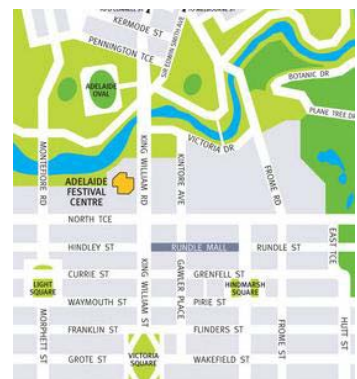
Other hotels near the workshop venue include:

Stamford Plaza Adelaide  
The Sebel Playford Adelaide  
Hyatt Regency  
Grand Chancellor Adelaide on Hindley

## Conference dinner

Conference dinner at Festival Centre  
\$60 (drinks not included)

We acknowledge support from the following organisations



Government of South Australia  
SA Health  
Working Party on Prevention of Osteoporosis and Fractures



Baker IDI  
HEART & DIABETES INSTITUTE



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## Draft Programme

### Friday 5 March 2010

10:00am *Registration*

10:30am *Coffee on arrival*

10:50am Official Welcome

Michael Horowitz

### Session One **Physiology**

Chair: Michael Horowitz

11:00am – 11:25am The Calcium and Vitamin D paradigm

Christopher Nordin

11:25am – 11:50pm Experimental evidence for the effects of Calcium and Vitamin D on bone

Howard Morris

11:50pm – 12:15pm Clinical evidence for the effects of Calcium and Vitamin D on bone

Richard Prince

12:15pm – 12:40pm Calcium, Vitamin D, muscle function and exercise

Robin Daly

12:40pm – 12:50pm General Discussion

12:50pm – 1:30pm *Lunch and Posters*

### Session Two **Applied Physiology**

Chair: Deborah Kerr

1:30pm – 1:50pm Protein and bone

Peter Clifton

1:50pm – 2:10pm Salt and bone

Jennifer Keogh

2:10pm – 2:30pm Calcium, Vitamin D and bone markers

Markus Seibel

2:30pm – 2:50pm Fracture prevention with Calcium and Vitamin D

Caryl Nowson

2:50pm – 3:10pm Annual high-dose oral vitamin D for falls and fractures in elderly women: Results from the Vital D Study

Kerrie Sanders

3:10pm – 3:45pm *Break and Posters*

### Session Three **Potential risks of Calcium Therapy**

Chair: Graeme Jones

3:45pm – 4:15pm Danger of calcium supplementation

Ian Reid

4:15pm – 4:30pm Calcium supplementation and aortic calcification in men

Peter Ebeling

4:30pm – 4:45pm Physical chemistry of calcium phosphate

Christopher Nordin

4:45pm – 5:05pm Pathology of vascular calcification

Tony Thomas

5:05pm – 5:35pm Safety of calcium supplementation

Richard Prince

5:35pm – 6:00pm General Discussion

6:00pm *Close (Meeting of Advisory Panel)*

7:30pm Dinner at Festival Centre

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## Draft Programme

### Saturday 6 March

#### Session Four Free Communications

Chair: Geoff Nicholson

- 9:00am – 10:30am Free Communications  
10:30am – 11:00am *Coffee break and Posters*

#### Session Five Nutrition

Chair: Katrine Baghurst

- 11:00am – 11:25am Can we calculate calcium requirement?  
11:25am – 11:50am Can we calculate Vitamin D requirement?  
11:50am – 12:15pm The role of Vitamin D metabolism in determining Vitamin D requirement  
12:00pm – 12:30pm Discussion  
12:30pm – 1:15pm *Lunch and Posters*

#### Session Six Future Plans

Chair: Howard Morris

- 1:15pm – 1:45pm Bone density testing: an underutilised health education tool for osteoporosis prevention Tania Winzenberg  
1:45pm – 2:15pm The need for universal bone densitometry at menopause Michael Horowitz  
2:15pm – 3:00pm **Christopher and Margie Nordin Lecture**  
*'Non-bone actions of Vitamin D'* Stewart Truswell  
3:00pm – 3:30pm *Coffee break and Posters*

#### Session Seven Concluding Consensus Statement and Discussion

Chair: Stewart Truswell

- 3:30pm – 4:00pm Consensus statement and discussion  
4:00pm Closure by Stewart Truswell  
5:00pm Possible Public meeting (to be advised)



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## Payment

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Two day Early Bird (register by January 31, 2010) \$175 \_\_\_\_\_  
Two day (register after January 31, 2010) \$250 \_\_\_\_\_  
Single day \$125 \_\_\_\_\_  
Conference Dinner (without drinks) \$60 \_\_\_\_\_

### Accommodation (Mercure Grosvenor Hotel)

Standard Room – 1 Queen Bed \$155/00 per night room only \_\_\_\_\_

Arrival Date...../.....

Departure Date...../.....

Payment Options for the Osteoporosis and Nutrition conference 5<sup>th</sup> and 6<sup>th</sup> March 2010.

Credit card details

Visa       Mastercard

Credit card number

Expiry Date

...../.....

Amount

\$.....

### Delegate Details

Card Holders Name (please print)

.....

Title: \_\_\_\_\_

Name: \_\_\_\_\_

Signature

.....

Organisation/Institute: \_\_\_\_\_

Once completed, please return form to Tim Murphy via e-mail ([tim.murphy@adelaide.edu.au](mailto:tim.murphy@adelaide.edu.au)), fax (08 8223 3870) or mail.

Tim Murphy,  
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