A collaborative program by Hospital for Special Surgery and Burke Rehabilitation Hospital

<table>
<thead>
<tr>
<th>Bone Health Education Seminar</th>
<th>Date: Wednesday, November 7</th>
</tr>
</thead>
</table>

**Program Objective:** In the U.S., one in two women and one in four men will experience an osteoporosis related fracture. Osteoporosis education is the key to helping you make choices necessary to achieve healthy bones and wellness for a lifetime. Through this program these individuals will be able to obtain advanced medical information on a broad range of topics related to bone health. This program will target the public and patient population.

**Program Agenda**

11:00 am – 11:05 am  
**Welcome and Introduction**  
*Steven Tisser, PT*  
*Senior Administrator, Outpatient Services*  
*Burke Rehabilitation Hospital*

11:05 am – 11:50 am  
**Bone Health: An Overview**  
*Patricia Spergl, MSN, RN, ANP-BC*  
*Nurse Clinician, Osteoporosis Prevention Center*  
*Hospital for Special Surgery*  
- What is osteoporosis?  
- Risk Factors  
- Diagnosis and Treatment

11:50 am – 12:30 pm  
**Nutrition, Calcium/Vitamin D**  
*Deborah McInerney, MS, RD, CDN*  
*Clinical Nutritionist, Food and Nutrition Services*  
*Hospital for Special Surgery*  
- What are other sources of calcium and vitamin D?  
- What are the current recommendations?  
- Why is calcium important in maintaining proper bone and joint health and overall wellness?

12: 30 pm – 1:30 pm  
**LUNCH**

1:30 pm – 2:10 pm  
**Physical Activity for Bone and Joints / Falls Prevention**  
*Michele Clark, DPT*  
*Senior Physical Therapist, Purchase Outpatient Clinic*  
*Burke Rehabilitation Hospital*  
- What exercises are effective for maintaining bone health?  
- Falls Prevention: Why do we fall? What can we do to prevent it?

2:10pm – 2:50 pm  
**Medications, Supplements and Their Side Effects**  
*Thomas Grandville, RPh, MS, PharmD*  
*Director of Pharmacy Services*  
*Burke Rehabilitation Hospital*  
- What are the prescription and OTC medications used for osteoporosis treatments?  
- What are the side effects?  
- What should the patient look out for in terms of absorption and interactions?

2:50 pm – 3:00 pm  
**Program Evaluations**