



Lunch Symposium 1

Saturday, 7 December 2019 • 12:30 – 14:00 • Run Run Shaw Hall (1/F)

Management of Osteoporosis in Primary Care



Dr. Charles F CHAN

MBBS (H.K.), MRCP (U.K.), FHKCP, FHKAM (Medicine), Dip Ger Med RCPS (Glasg)

*Specialist in Geriatric Medicine;
Honorary Clinical Assistant Professor,
Department of Medicine and Department of Family Medicine and Primary Care,
The University of Hong Kong*

Dr. Chan Fei, Charles is a specialist in Geriatric medicine and Honorary Clinical Assistant Professor in the Department of Medicine and Department of Family Medicine and Primary Care, The University of Hong Kong. He received his medical degree (M.B.,B.S.) from The University of Hong Kong, and received training in Geriatric medicine and Advance Internal Medicine in the Department of Medicine, Queen Mary Hospital. He became a Fellow in Geriatric Medicine in 2011.

He has special clinical interest in Alzheimer's disease, Parkinsonism and Ortho-geriatric care. In 2017, he had overseas training in geriatric medicine and attached to different hospitals in UK include the Leeds University Teaching Hospital, the Cambridge University Teaching Hospital and the Poole Hospital.

Before he left Hospital Authority, he was the Associate consultant and the clinical lead in Ortho-geriatric and in-patient End-of-life Service in Fung Yiu King Hospital (FYKH) and MacLehose Medical Rehabilitation Centre (MMRC).

Osteoporosis poses a huge burden to our society and impact quality of life in patients with fracture. Fragility fracture also are a major cause of morbidity and mortality in older adults. The primary goal of osteoporosis treatment is prevention of fractures, and several pharmacological options have been shown to reduce this risk. As osteoporosis is a chronic condition, the optimal duration of treatment is an important decision that depends on the repeated evaluation of individual fracture risk.

However, low diagnosis rate in osteoporosis render many high risk patients do not receive adequate management. Challenges include implementation of local screening protocols, which may include fracture risk scoring system that combine clinical risk factors +/- DXA to diagnose osteoporosis patients and are also feasible to be done in primary care settings as to provide osteoporosis treatment to high-risk patients before fractures. Recent understanding of bone remodelling and different anti-osteoporosis pharmacological options will also be discussed.