Following the very successful inaugural training course on osteoporosis, presented jointly by the National Osteoporosis Foundation of South Africa (NOFSA) and the International Osteoporosis Foundation (IOF) in May 2004 and attended by more than 150 delegates, the need for an update has become apparent. The 2nd NOFSA-IOF Course has therefore been scheduled to take place during the weekend of 10 - 12 February 2006 at the President Hotel, Bantry Bay, Cape Town.

Based on the established IOF course which has been held annually in Lyon, France, for more than 15 years, the 2nd NOFSA-IOF course will again address new developments in the clinical management of patients with osteoporosis and related metabolic bone disorders. Emphasis on the practical will take precedence over the latest research in osteology, yet the course will aim to highlight cutting-edge developments in the practice of this discipline. Formal lectures will be supplemented by round-table sessions (addressing oral and written questions from delegates), case presentations, and meet-the-expert discussions.

Following talks on bone structure and function, as well as the pathophysiology of bone loss, measurement of bone mass, new biochemical markers of bone turnover, imaging techniques to assess skeletal microarchitecture and clinical risk factor analyses will be addressed. The secondary osteoporoses, including male osteoporosis, glucocorticoid-induced osteoporosis, osteoporosis in the elderly and genetic aspects of osteoporosis will be discussed in detail.

An overview of non-pharmacological management of osteoporosis will be followed by discussions on hormonal and non-hormonal inhibitors of bone resorption, including new experimental agents such as cathepsin K inhibitors and anti-RANK-L. Strategies for the use of bone forming drugs like teriparatide and strontium ranelate will be debated, as well as compliance with, and cost-utility of, osteoporosis treatment. Other new topics will include tumoural bone disease and the hypercalcaemia of malignancy, management of osteopenia in adolescence, renal bone disease and the association between osteoporosis and cardiovascular disease.

Course attendance is not limited to NOFSA members, but open to all. Given the fact that no SEMDSA congress will be held during 2006, this meeting provides an ideal opportunity to update your knowledge on an important topic – as well as a good excuse to visit Cape Town during the best month of the year.

Contact Anéé or Tereza at NOFSA, tel. (021) 931-7894, e-mail nofsa@iafrica.com

Looking forward to seeing you in Cape Town.

Stephen Hough
Scientific Editor, JEMDSA
Endocrine Unit
Department of Medicine
Stellenbosch University