

There are two available dates and for this meeting:

Please select only one date to attend.

Thursday 18th May 2017 Time: 1pm - 4.30pm

Thursday 23rd November 2017 Time: 1pm - 4.30pm

Both meetings will be held at:

The Chapter House Lecture Theatre
Bristol Dental Hospital
Lower Maudlin Street
Bristol
BS1 2LY

How to get to Chapter House Lecture Theatre

Enter dental hospital through main entrance, continue past reception desk on your right hand side. Continue along length of main corridor until you exit through the back of the main building. You will pass clinic waiting rooms on right hand side. Walk across to Chapter House (immediately opposite). Chapter House Lecture Theatre (CHLT) is on the ground floor where you enter and is sign posted.

Access is either through the Dental Hospital as above or you can be dropped off via Deep Street, there is room for two disabled badge cars and a turning point only.

These events are **free** to attend however booking is essential.

For further information and to BOOK your place to attend please contact:

Linda Toulson
National Osteoporosis Society
Tel: 01761 473122
E-mail: l.toulson@nos.org.uk

Programme:

1:00pm
Registration

1:15pm
Welcome
Terrie Stocker
Osteoporosis Nurse Specialist
University Hospitals Bristol NHS Foundation Trust

1:20pm
An overview of osteoporosis and treatments
Dr Shane Clarke
Consultant Rheumatologist
University Hospitals Bristol NHS Foundation Trust

2:05pm
Diet and nutrition
Gemma Stewart
Dietician
University Hospitals Bristol NHS Foundation Trust

2:50pm
Refreshment break

3:15pm
Exercise and osteoporosis
Melissa Domaille
Physiotherapist
University Hospitals Bristol NHS Foundation Trust

4:00pm
National Osteoporosis Society
Linda Toulson
Development Manager, South West

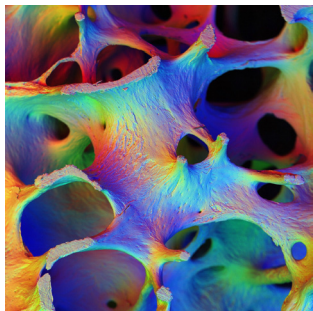
4:15pm
Summary - meeting ends
Terrie Stocker
Osteoporosis Nurse Specialist
University Hospitals Bristol NHS Foundation Trust

What is osteoporosis?

The bones in our skeleton are made of a thick outer shell and a strong inner honeycomb mesh of tiny struts of bone.

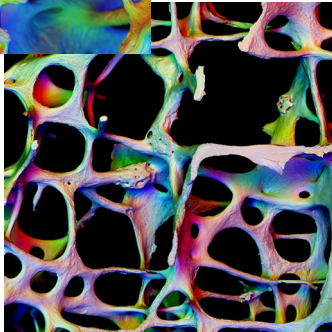
Osteoporosis means some of these struts become thin, which makes the bone more fragile and prone to break after a minor bump or fall.

These broken bones are often referred to as fragility fractures. Although fractures can occur in different parts of the body, the wrist, hip and spine are most commonly affected.



**Normal
bone**

© Alan Boyde 2013



**Osteoporosis
bone**

Have you been diagnosed with osteoporosis?

If so we would like to invite you to attend the following event:

Managing Osteoporosis: looking after your bones

An afternoon of information about osteoporosis