Breaking Down Osteoporosis: Reducing Fracture Risk

September 17, 2025
1:30-3:00pm MT

In this session, we will aim to discuss what osteoporosis is, what some of the causes are, how we diagnose osteoporosis, and how we prevent/treat osteoporosis.

Learning Outcomes:

- One fracture can increase the risk of future fractures
- All individuals aged > 70 years would likely benefit from a bone density
- Dietary calcium, adequate vitamin D, and healthy exercise should be encouraged for all individuals
- Newer medications can dramatically reduce fracture risk and in some cases "reverse" osteoporosis

Speakers:

Chaitanya Gandhi, BSc MD FRCPC. I am one of the physicians with NAOP. No specific or particular experience working with First Nations individuals but happy to learn and help in any way I can

Target Audience: Anybody, but in particular older adults (age more than 50)
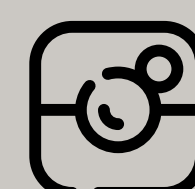
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