

OSTEOPOROSIS AND NUTRITION

A projected Symposium in Adelaide

Although the direct and indirect costs of osteoporosis in Australia are more than 8 billion dollars a year, current public policy is largely devoted to secondary rather than primary prevention. Yet there is accumulating evidence at the clinical and experimental level that osteoporosis is largely a preventable condition which is responsive to nutritional and lifestyle measures.

In this situation, the many Clinicians and Medical Scientists working in calcium-related areas have reached the conclusion that there is a need for an Australian symposium or workshop on nutritional aspects of osteoporosis, notably the roles of calcium, protein, sodium, vitamin D and possibly vitamin K in the regulation of bone homeostasis. This view is shared by the Adelaide group who are considering a 2 day meeting in Adelaide in March 2010 for the presentation of papers, general discussion and possibly a consensus statement. The primary promoters of this initiative are the Centre of Clinical Research Excellence (CCRE) in Nutritional Physiology, the Endocrine & Metabolic Unit of the Royal Adelaide Hospital and the Human Nutrition Division of the Commonwealth Scientific and Industrial Research Organisation (CSIRO) but it is also supported by the Adelaide Clinical Endocrine Society and the South Australian branches of the Nutrition Society of Australia and the Australia & New Zealand Society of Geriatric Medicine.

The object of this letter is simply to ask for your reaction to this proposal and for you to indicate whether you would be likely to attend such a meeting, whether you might submit a relevant paper and whether you would find a Friday and Saturday appropriate days.

Could you please send your comments and preferred dates in March to Tim Murphy (tim.murphy@adelaide.edu.au)

Peter Clifton (CSIRO)

Howard A Morris (Hanson Institute)

Tim Murphy (CCRE in Nutritional Physiology)

B.E. Christopher Nordin (Endocrine & Metabolic Unit, Royal Adelaide Hospital)



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