

Event Summary

The Bone Health: Assessment and Optimisation Continuing Medical Education (CME) program was successfully conducted on 30th June 2026 at the Vydehi Institute of Medical Sciences & Research Centre, Bengaluru, in collaboration with the Endocrine Society of India (ESI) Skeletal Health Task Force Initiative. Organized jointly by the Departments of Endocrinology and Radiodiagnosis, the CME brought together around 200 delegates including endocrinologists, radiologists, postgraduate students, physicians, and other healthcare professionals with the objective of enhancing knowledge and promoting best practices in the assessment, diagnosis, and management of metabolic bone disorders. The program was inaugurated by the Principal, VIMS and RC, Dr. Shreedhar Venkatesh.

The scientific program comprised a series of expert lectures delivered by renowned faculty from across the country. The sessions covered a broad spectrum of topics, including the principles of dual-energy X-ray absorptiometry (DXA), quality assurance in DXA, body composition analysis, interpretation of bone mineral density (BMD), common pitfalls in DXA reporting, trabecular bone score (TBS), vertebral fracture assessment (VFA), pediatric DXA, advanced DXA parameters, fracture risk assessment, non-pharmacological strategies for fracture prevention, management of postmenopausal osteoporosis, optimization of bone health in patients undergoing spinal surgery, and the management of osteogenesis imperfecta. The comprehensive curriculum emphasized evidence-based approaches and the practical application of current guidelines in routine clinical practice.

The CME concluded with an interactive quiz competition for postgraduate students, designed to reinforce the concepts discussed during the academic sessions and encourage active learning. The event received an enthusiastic response from participants and served as an excellent platform for academic exchange, interdisciplinary collaboration, and dissemination of contemporary advances in bone health and osteoporosis care. Overall, the program significantly contributed to improving awareness and clinical competency in the assessment and optimization of bone health among healthcare professionals.