

## REMINISCENCES OF ISBMR 2019

The 15th National Conference of Indian Society for Bone & Mineral Research (ISBMR) was organized by Karnataka Endocrine Society in collaboration with Indian Society for Bone & Mineral Research, New Delhi. The conference was held on 19th -20th October 2019 at ATTIDE BOUTIQUE HOTEL, Bangalore. Around 350 delegates from Karnataka and different parts of India participated in the meeting. We had invited four international faculties and several eminent national speakers for the conference. The proceedings of Day-1, 19<sup>th</sup> November, 2019 started with a welcome speech by Chair of Scientific Committee, Dr. Shivaprasad C and outline of the journey of ISBMR by Brig. Satish Kukreja (Retd.), CEO, ISBMR. The first talk of the day was by Dr Ameya Joshi, Mumbai who spoke elegantly on practical approach to metabolic bone disease. This was followed by a talk by Dr. Balachandra Shetty, VC of Sri Siddhartha Medical University, Tumkur on the radiological aspects of MBD. We then had an interesting talk on newer advances in nuclear medicine from a standpoint of MBD by Dr. Ashwani Sood, PGIMER, CHD. The emerging role of 18F-Fluorocholine PET CT in the diagnosis of PHPT was well received by the audience. This was followed by a well-received talk on vital link between vitamin D and immune system by Dr. BG Dharmanand, Rheumatologist, Vikram Hospital, Bengaluru. These talks were followed by panel discussion and tea break. This year's "SPS Teotia Oration" was awarded to Dr. Ritu Trivedi, Principal Scientist, CSIR-CDRI, Lucknow. The oration was titled "Harnessing challenges in unraveling failures in basic research: Outcome from studies on metabolic bone disorders", the session was chaired by Dr. Sanjay Kumar Bhadada, PGIMER, CHD & Dr. Thomas Paul, CMC Vellore and she spoke in-depth on her efforts to discover new drug targets for osteoporosis. The oration was followed by an elegant talk on nuances in vitamin D estimation by Dr. Manoj Chadha, President, ISBMR. Dr. Robert A. Wermers, Mayo clinic, USA then spoke eloquently on the recent developments in the management of renal bone disease. These talks were followed by Inauguration ceremony. Hon. Minister for Rural Development K. S Eswarappa was chief guest for the ceremony and the chair person was Dr.S.Rajendra Prasad, Vice Chancellor, University of Agricultural Sciences, Bangalore. Minister and Dr Rajendra Prasad shared his ideas on nutrition and bone health. Dr Ganapathi Bantwal welcomed the guests, the inaugural

address was given by the Org. Secretary Dr. Somashekara Reddy K. S felicitated the guests.

We had “Meet the Professor” session immediately post-lunch. Four perplexing cases were presented by Dr. Kishan Delampady, Dr. Nagaraj S, Dr. Sauravshishir Agrawal and Dr. Kannan Subramanian respectively. The session was moderated by Dr.KM Suryanarayana, (MSRMC, Bangalore) with Dr. Amrish Mithal, (Medanta, Gurgaon) Dr. Robert Wermers, Dr. Sudhaker Rao (Henry Ford Hospital, Michigan) Dr. Subhash Kukreja (University of Illinois, Chicago) as panelists, which was wonderful with excellent discussion, enjoyed by everybody including faculty and delegates. This was followed by a symposium on “Metabolic Bone Issues”. First up, Dr. Deepak Vashishth (Rensselaer Polytechnic Institute, NY) gave an excellent deliberation on assessment of human bone quality. This was followed by a talk on current state & future directions on MBD in India by Dr Vivek Arya (CEDD, Ahmadabad). Finally Dr.Satinath Mukhyopadhyia (IPGMER, Kolkata) spoke on trends & perspectives of post-menopausal osteoporosis in India. Following the tea-break, there was a symposium on management of osteoporosis. Dr Sudhaker Rao delivered an inspiring talk on monitoring osteoporosis therapies: Bone Markers Versus BMD. This was followed by an exciting lecture titled “BMD, Frax score & fracture risk assessment. Have we mastered the art?” by Dr Subhash Kukreja. Dr. Amrish Mithal then shared his thought-provoking experience on lessons learnt from long follow-up of complex cases of osteoporosis. Finally, Dr Thomas Paul (CMC, Vellore) spoke eloquently on management issues pertaining to transplant related osteoporosis which was well-received by the audience. Post this symposium, quiz was organized for DM/ DNB Residents as well as for basic science students of different institutes in Hall-2. The prelims were conducted on Day-1 and three teams were selected out of all attended teams to the final round on day-2. The final program of the day was executive committee meeting in which there was a discussion on a wide range of issues and new President and executive committee members were announced. We also had about twenty poster presentations and prizes were awarded to three best posters under the guidance of Dr. Sudhaker Rao Dr. Pramilla Kalra and Dr.Shivaprasd C.

Day-2 We had arranged **Walkathon** in the view of **World Osteoporosis Day** that is on 20<sup>th</sup> October 2019 to create awareness among public. The walk was started at GKVK main gate till Conference venue, for which nearly 500 participants involved including Doctors, Students and all age group. We started the programme with free paper presentations separately for postgraduates and consultants and three winners were selected from each category. The final round of quiz was also concurrently held and three winners were declared. The first scientific program on Day-2 was a symposium on special conditions associated with MBD. Basic and clinical issues of diabetes related osteoporosis were discussed in great detail by Dr. Naveen Kumar (IIT, Ropar) and Dr.Usha Sriram (Chennai) respectively. Dr Ravinder Goswami (AIIMS, New Delhi) elaborated on the newer advances in hypoparathyroidism management. The final talk was on glucocorticoid induced osteoporosis by Dr Yogesh Singh (Manipal Hospital, bangalore. Following this, "MMSAhuja Oration" was delivered by Dr. Subhash Kukreja who spoke in depth on his research related to PTHrp. The oration was chaired by Dr K M Prasanna Kumar and Dr Manoj Chadha. The final session of the day comprised of four interesting lectures. Dr. Raman Marwaha (ILSI, Delhi) spoke on the status of vitamin D fortification in India. Dr Sunil Kota (Berhampur) spoke on vitamin D deficiency and its relation to osteomalacia and osteoporosis. Dr. Robert Wermers then gave an informative talk on mortality and changing paradigms of primary hyperparathyroidism. The final talk of the conference was by Dr. Mala Dharmalingam (MSRMC, Bangalore) on Denosumab, Teriparatide and newer molecular targets of osteoporosis. Finally the prizes were handed over to winners of quiz, free paper and poster presentations. Valedictory function & Vote of Thanks was delivered by Dr. Somashekara Reddy K.S, Organizing Secretary of ISBMR-2019.

The Faculty and Delegates had a pleasant, memorable and enriching experience in relaxed environment. We wish to share some memorable moments captured during the conference and hope you too cherish the memories of the same.

Thanking you  
Team –ISBMR 2019  
**Compiled By Dr. Shivaprasad C.**

Organizing Secretary  
Dr. Somashekara Reddy KS