



World Osteoporosis Day 2022

The Calcium Metabolism and Osteoporosis Program (CaMOP) at AUB launched its Osteoporosis Awareness Campaign for Osteoporosis Day 2022 aiming to raise awareness on osteoporosis. The campaign took place at AUB-ACC-building where a booth was installed at the lobby with 6 stations as follows:

- **Generalities Station with Physicians:** this section was handled by Endocrinology fellows and faculty, who helped patients calculate their risk of fracture, and answer any medical question related to osteoporosis. Educational material and giveaways distributed in this station.
- **Nutrition and Bone Health Station:** this section was handled by our research assistants. In this station, the patient informed about the content of calcium in each food type, and the calcium intake that was estimated using a questionnaire for patients who are interested. A leaflet listing calcium content in food was distributed in this section.
- **Exercise and Bone Health Station:** this section was handled by the physical therapy department. Patients were advised about the exercises that are safe to be done for patients with osteoporosis, mainly stretching, balance and quadriceps strengthening exercises. The exercise booklet was distributed in this station.
- **Treatment of Osteoporosis:** this station was handled by the pharmacy department. Patients were guided through the different types of treatment for osteoporosis, along with their side effects. The pamphlet detailing the treatment strategies was distributed in this section.
- **Administration of Osteoporosis Drugs:** this station was handled by the nurses who provided a demonstration and answer questions related to the administration of osteoporosis drugs.
- **Diagnosis of Osteoporosis:** this station was handled by the Bone Densitometry Unit technicians. Patients were informed about the different steps of the BMD testing and the main instructions before doing the test. The booklet about BMD testing was distributed in this section.

In addition to the activities done on October 20, we will be having an [Awareness Session](#) for the public, in ACC multi-purpose room on Saturday Nov. 5, 2022, at 10:00 am, and an awareness campaign outside AUB (in Tripoli) on Nov 12, 2022.



[Photos](#)



[Video-1](#)



[Video-2](#)