

It is our great honour and privilege to welcome you to the prestigious World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, jointly organised by the IOF and ESCEO. The WCO-IOF-ESCEO 2024 Congress, is the world's premier event dedicated exclusively to the clinical and economic aspects of osteoporosis, osteoarthritis and musculoskeletal diseases, and brought together over 9755 delegates (physically and virtually)



Dear Colleague, Welcome

The Scientific Advisory Committee, co-chaired by Professor René Rizzoli and Professor Cyrus Cooper, undertook the daunting task of selecting oral presentations of the highest calibre from the 1507 abstracts submitted.

Throughout the Congress, eminent scientists from different parts of the world will provide you with an unparalleled opportunity to engage with the latest scientific advances in various fields. We expect researchers and clinicians from around the world to participate in a diverse and enriching scientific discourse.

We are confident that your participation in this congress, set against the backdrop of the fascinating city of London, will prove immensely enriching and that the key insights you gain will significantly improve your daily practice for the benefit of your patients.

We wish you a very successful and rewarding meeting.

Warm regards,

Jean-Yves Reginster & John A. Kanis
Co-Chairmen

Highlights of the meeting

The WCO-IOF-ESCEO Congress, here in London, is the largest meeting in the field of osteoporosis, osteoarthritis and musculoskeletal diseases, with participants seeking information on the epidemiology, pathogenesis, prevention and treatment of these important public health problems. More than 1500 abstracts were submitted covering all these topics. During the first two days of the congress, many important and interesting communications were presented either orally or as posters. We highlight here only a small part of all the science presented so far during the congress.

The meeting began on Thursday with Dr Rizzoli's presentation of the best clinical articles published in 2023 and two lectures on very original topics namely "Artificial Intelligence" by Dr Fuggle and "Diseases represented in paintings" by Dr Rizzoli again.

On Friday, after several well-attended non-sponsored symposia, the scientific session began with the plenary lecture by Dr McCloskey, who discussed fracture prevention (PL1). He noted that while primary prevention is driven by awareness of an individual's increased risk prior to the event, the likelihood of an event in any individual, even those with a first event, can vary markedly depending on the coexistence of other health conditions and risk factors. Continuing with the theme of the plenary session, a significant number of oral communications related to the assessment of risk factors for fracture. For example, Dr Westbury presented results from the ROSE trial, highlighting that the use of self-administered questionnaires as screening tools may not be an efficient approach for systematic screening due to low and variable uptake (OC8). In

another study, Dr Rubin showed that in 10491 people with newly diagnosed type 2 diabetes, the risk of fracture was increased, particularly in those with neuropathy (OC9). Another study of 21 countries in the Middle East and North Africa, presented by Dr Nasser, showed that this region has an alarming spine fracture epidemiology. Importantly, war-related injuries appeared to play a significant role in exacerbating the burden of this fatal fracture (OC10).

Fracture management was also covered extensively yesterday, as highlighted by the plenary presentation by Dr McClung, who reminded us that in patients with osteoporosis, general measures (good nutrition, maintaining strength and balance, and preventing falls) are important but not sufficient to reduce fracture risk, and that pharmacological options can be considered (PL2). Closely related to this presentation, Dr Brunetti's communication reported a clinically meaningful reduction in the risk of several fractures in patients treated with denosumab compared with oral bisphosphonates in a large US cohort and, interestingly, a greater reduction in fracture risk was observed with longer treatment exposure (OC1). Dr Langdahl used data from the ARCH and FRAME studies to demonstrate the superiority of romosozumab over denosumab or alendronate in achieving clinically meaningful improvements in BMD at relevant skeletal sites in patients with osteoporosis (OC2).

Drug safety was also well covered yesterday, starting with Dr Li's presentation showing that the presence of chronic kidney disease and hypertension were significant risk factors for acute coronary syndrome in patients treated with romosozumab (OC3). However, it also found that up to 24 doses

of the drug did not significantly alter the likelihood of acute coronary syndrome. In another study of real-world data from the European EudraVigilance database, presented by Dr Ferreira Azevedo, zoledronate treatment was associated with a higher incidence of osteonecrosis of the jaw, while denosumab was the safest drug (OC6). However, the authors noted that the indication for zoledronate was mostly in an oncological context, which implies a more intensive treatment, and therefore the results should be interpreted with caution.

Yesterday afternoon's oral presentations focused mainly on sarcopenia and osteoarthritis. For example, Dr Veronese, using data from the English Longitudinal Study on Ageing, observed that the presence of mild cognitive impairment at baseline was associated with a higher incidence of sarcopenia at ten-year follow-up (OC14). Another interesting presentation was given by Dr Ward, who showed that the prevalence of sarcopenia was low in women in a study conducted in Zimbabwe, Gambia and South Africa, in contrast to other populations around the world (OC17). Interestingly, the authors highlighted that the current definitions and cut-offs used are not appropriate for use in these countries due to their poor predictive value for falls. Moving on to osteoarthritis, Dr Auroux noted from the STRAMBO trial that late-stage OA, defined by joint replacement, was associated with an increased risk of stroke in men, supporting the concept that OA is also a marker of poor health and that cardiovascular risk assessment could be considered in the management of OA patients (OC18). In a randomised controlled trial of non-pharmacological management of osteoarthritis, Dr Abafita showed that a 24-week yoga programme was non-inferior to a strengthening programme, with both groups reporting a reduction in pain (OC15). Interestingly, the yoga group reported modestly greater improvements in several secondary outcomes, including knee symptoms and quality of life at 24 weeks and depression at 12 weeks, supporting yoga as an effective treatment for knee osteoarthritis. Finally, Dr Tambiah showed that in patients with severe knee osteoarthritis, lorecivint is safe compared to placebo and is able to reduce the progression of medial joint space width, suggesting its promise as a potential disease-modifying drug in osteoarthritis (OC16).



Auditorium A

ESCEO Islene Araujo de Carvalho



Prof. Reginster, Dr. Madanhire, Prof. Banerjee

The 2024 ESCEO-Islene Araujo de Carvalho Grant supports a scientific project conducted in a global public health perspective in the field of musculoskeletal health and aging. It has been named after Doctor Islene Araujo de Carvalho, former Senior Policy and Strategy Adviser, Department of Maternal, Newborn, Child, Adolescent Health and Ageing, at WHO, who passed away much too early. This year's recipient is Doctor Tafadzwa Madanhire for his work entitled "Changes in bone turnover markers and pQCT measured bone measures after a one-year vitamin D3 [25(OH)D] and calcium supplementation among children living with HIV".

ESCEO Medal of Excellence

Eugene McCloskey, Professor of Adult Bone Diseases at the Mellanby Centre for Musculoskeletal Research at the University of Sheffield and Director of the Medical Research Council Versus Arthritis Centre for Integrated Research in Musculoskeletal Ageing, has been announced as the recipient of the prestigious ESCEO Medal of Excellence. Dr McCloskey expressed his deep gratitude on receiving this prestigious award, stating: "I am deeply honoured and humbled to accept this recognition. My heartfelt thanks go to my exceptional

team members and collaborators whose tireless efforts have significantly advanced our understanding of vertebral fracture definition, osteoporosis epidemiology, and non-invasive assessment of bone strength and fracture risk. As we move forward, it is imperative that we continue our collective efforts to improve decision-making processes in various healthcare settings to ensure that osteoporosis and other musculoskeletal conditions are effectively managed using the latest evidence-based approaches".



Prof. Reginster & Prof. McCloskey



Prof. Harvey & Prof. Ebeling

IOF President's Award

The International Osteoporosis Foundation President's Award recognises an esteemed IOF member for their remarkable and unwavering dedication to advancing the mission and goals of the IOF. This award is presented to individuals who have demonstrated outstanding commitment to one or more of the Foundation's missions and goals. The recipient of this prestigious award is selected by the IOF President in consultation with the IOF Executive Committee. This year, Professor Peter Ebeling is being honoured for his

exceptional dedication and contributions. Professor Ebeling is currently Head of the Department of Medicine in the School of Clinical Sciences at Monash Health, Faculty of Medicine, Nursing and Health Sciences.

ESCEO-IOF Pierre Delmas Medal

ESCEO and IOF are proud to announce Claudia Campusano of the Universidad de los Andes, Chile, as the recipient of the ESCEO-IOF Pierre Delmas Medal. This award honours the remarkable legacy of Pierre Delmas, an eminent scientist who pioneered basic and clinical research in metabolic bone diseases, particularly osteoporosis and osteoarthritis. Delmas was the co-founder and first president of the IOF and left an indelible mark on the

field. In presenting the award, Professor Reginster said: "This award is a fitting tribute to an individual whose scientific endeavours have significantly shaped our understanding of bone disease. Dr Campusano's substantial contributions over the past two decades have greatly advanced the management of osteoporosis and continue to drive progress in the field".



Prof. Harvey, Dr. Campusano, Prof. Reginster



Prof. Tüzün, Prof. Reginster, Dr. Zakraoui, Prof. Jiwa

The IOF Committee of National Societies Medal

The IOF Committee of National Societies Medal is an award established to honour individuals who have made significant contributions to the IOF Committee of National Societies (CNS) by actively participating in CNS initiatives and promoting the mission of IOF in their respective countries. Led by dedicated individuals, often on a volunteer basis, CNS societies play a pivotal role in raising

public awareness and improving patient care at the national level. Yesterday, the IOF CNS Medal was awarded to Dr Leith Zakraoui of Tunisia, a current IOF Board Member, in recognition of his outstanding efforts to promote evidence-based management of osteoporosis in Tunisia, thereby making a significant contribution to the fight against this debilitating disease.



Prof. McCloskey & Prof. Clark

The IOF Committee of Scientific Advisors (CSA) Medal of Achievement

The IOF CSA Medal of Achievement honours individuals who, through original and outstanding scientific contributions, have made significant advances in the field of osteoporosis, thereby increasing the understanding and awareness of osteoporosis. This year's recipient is Professor Patricia Clark. In presenting the award, Professor Eugene McCloskey said: "Patricia Clark's research has been invaluable to the International Osteoporosis Foundation and the wider osteoporosis community, particularly in Latin America.