



FINAL ANNOUNCEMENT

KONGRES NASIONAL VIII

PEROSI

2023

4 - 5 NOVEMBER

HARRIS HOTEL AND CONVENTIONS,
KELAPA GADING, JAKARTA



**"New Insight In Diagnosis
and Treatment for Osteoporosis"**

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MEET THE EXPERT

PLENARY LECTURE

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WELCOMING SPEECH

Chairman: dr. Anna Ariane, Sp.PD, K-R

President of Perhimpunan Osteoporosis Indonesia (PEROSI):
dr. Bagus Putu Putra Suryana, Sp.PD, K-R

OPENING SPEECH

Direktur Pencegahan dan Pengendalian
Penyakit Tidak Menular Kemenkes RI

Dr. Eva Susanti, S.Kp, M.Kes

*"Deteksi Dini dan Pencegahan Penyakit Degeneratif dan
Osteoporosis Dalam Program Kesehatan Nasional di Indonesia"*



MEET THE EXPERT

How to Manage Difficult Cases of Post-menopausal Osteoporosis?

Case Presenter: dr. Faisal Parlindungan, Sp.PD, K-R

Resource Persons:

Prof. Dr. dr. Muharam, Sp.OG (K) dan Dr. dr. Tirza Z. Tamin Sp.KFR-K

How to Manage Difficult Cases of Glucocorticoid-Induced Osteoporosis?

Case Presenter: dr. Mirza Zaka Pratama, M.Biomed, Sp.PD

Resource Persons:

Dr. dr. Deddy Nurwahid, Sp.PD, K-R dan Dr. dr. Laniyati Hamijoyo, Sp.PD, K-R



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■ **Road to Biologic Era in the Treatment of Osteoporosis and the need of National Guideline of Osteoporosis** *(Patient Safety-Video lecture)*

Moderator: Dr. dr. Tirza Z. Tamin, Sp.KFR (K)

Resource Persons: dr. Bagus Putu Putra Suryana, Sp.PD, K-R

■ **Nutritional Intervention as Important Aspect in Osteoporosis Treatment**

Moderator: dr. Lily Indriani Octovia, MT, M.Gizi, Sp.GK-K

Resource Persons: Dr. dr. Fiastuti Witjaksono, MS, MKM, Sp.GK-K

PLENARY LECTURE



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Non Pharmacological Intervention for Osteoporosis Prevention and Treatment

Moderator: dr. Andi Kurniawan, Sp.KO

Critical Role of Exercise in Osteoporosis Prevention

Speaker: dr. Ade L. Tobing, Sp.KO

Rehabilitation Role in Management of Osteoporosis pre & post fracture

Speaker: Dr. dr. Tresia U. Tambunan, Sp.KFR-K

Update in Treatment of Osteoporosis

Moderator: dr. Rahmad, Sp.KFR-K

New Targeted Therapy in the Treatment of Osteoporosis: Focus on the Role of Denosumab

Speaker: Dr. dr. Rudy Hidayat, Sp.PD, K-R

Comparing the Effectiveness of Osteoporosis Therapies for Fracture Risk Reduction

Speaker: Prof. Dr. dr. Zairin Noor Helmi, Sp.OT-K, MM

Current Update in Bone Health Assessment

Moderator: dr. Gunawan Tirtarahardja, CCD, CDT

The Role of Radiology in Management of Osteoporosis: REMS Scanning in the Assessment of Bone Health

Speaker: dr. Paulus Rahardja, Sp.Rad, CCD

Role of Bone Marker and 'Genomics in the Future of Bone Health Assessment

Speaker: Prof. Dr. dr. Harry Isbagio, Sp.PD, K-R

Pain Management and Surgical Aspect of Osteoporosis Treatment

Moderator: Dr. dr. Retno Setianing, Sp.KFR-K

How to Manage Pain in Musculoskeletal Disease and Osteoporosis? Do's and Don'ts

Speaker: dr. I.A. Ratih Manuaba, Sp.PD, K-R

Identifying Fracture in Osteoporosis and What Surgeon can do?

Speaker: Dr. dr. Bintang Soethahjo, Sp.OT-K

SYMPOSIUM

Woman, Obesity, and Osteoporosis

Moderator: dr. Nadia Nastassia Ifran, Sp.OT

Identifying post-menopausal Patients at Higher Risk of Fracture: When, Who, and How?

Speaker: Prof. Dr. dr. Ichramsyah A. Rachman, Sp.OG-K

Understanding the Current Concept of Obesity and Osteoporosis

Speaker: Dr. dr. Heri Nugroho, Sp.PD-KEMD

Autoimmune and Osteoporosis

Moderator: dr. Bagus Putu Putra Suryana, Sp.PD, K-R

The Link of Autoimmune Disease and Osteoporosis: What Clinician Can Do?

Speaker: Prof. Dr. dr. Radiyati Umi Partan Sp.PD, K-R

Strategy of Choosing Oral Biphosphonate: Why Risendronate?

Speaker: dr. RM. Suryo Anggoro, KW, Sp.PD, K-R

Vitamin and Calcium Role in Osteoporosis Prevention & Treatment

Moderator: dr. Siti Annisa Nuhonni, Sp.KFR-K

Calcium and Vitamin D Metabolism in Osteoporosis

Speaker: Prof. Dr. dr. Agung Pranoto Sp.PD, KEMD

Osteoporosis in Sarcopenia

Speaker: dr. Lily Indriani Octovia, MT, M.Gizi, Sp.GK-K

Update in National Recommendation of Osteoporosis

Moderator: dr. Tanya TM Rotikan, Sp.KO

Update in Indonesia Guideline of Osteoporosis

Speaker: dr. Anna Ariane, Sp.PD, K-R

Update in National Guideline of Glucocorticoid Induced Osteoporosis

Speaker: dr. Rakhma Yanti Hellmi Sp.PD, K-R

SYMPOSIUM

Scientific Program

SABTU, 4 NOVEMBER 2023

Saturday, November 4, 2023	
07.00 – 08.00	Registration
08.00 - 08.45	Meet the Expert "How to manage difficult cases of post menopausal osteoporosis" Case presenter: <i>dr. Faisal Parlindungan, SpPD, K-R</i> Resource persons: <i>Prof. Dr. dr. Muharam, Sp.OG(K)</i> <i>Dr. dr. Tirza Z Tamin, SpKFR-K</i>
08.45 - 08.50	Welcoming speech from the chairman : <i>dr. Anna Ariane, SpPD-KR</i>
08.50 - 08.55	Welcoming speech President of Perhimpunan Osteoporosis Indonesia (PEROSI) : <i>dr. Bagus Putu Putra Suryana, SpPD-KR</i>
08.55 - 09.20	Opening Speech : Topik : Deteksi Dini dan Pencegahan Penyakit Degeneratif dan Osteoporosis Dalam Program Kesehatan Nasional di Indonesia Direktur Pencegahan dan Pengendalian Penyakit Tidak Menular Kemenkes RI : <i>Dr. Eva Susanti, S.Kp, M.Kes</i>
	Plenary Lecture <i>Moderator: Dr. dr. Tirza Z Tamin, SpKFR-K</i>
09.20 – 09.30	Patient Safety (video lecture)
09.30 - 09.50	Road to biologic era in the treatment and the need of national guideline of osteoporosis <i>Speaker : dr.Bagus Putu Putra Suryana SpPD-KR</i>
09.50 - 10.20	Coffee Break (30 menit)
	Symposium 1. Non Pharmacological intervention for Osteoporosis Prevention and Treatment <i>Moderator: dr. Andi Kurniawan, SpKO</i>
10.20 - 10.40	Critical role of exercise in osteoporosis prevention <i>Speaker : dr. Ade L. Tobing, SpKO</i>
10.40 - 11.00	Rehabilitation role in management of osteoporosis pre and post fracture <i>Speaker : Dr. dr. Tresia U, Tambunan, Sp.KFR-K</i>
11.00 - 11.10	Discussion
	Symposium 2. Update in Treatment of Osteoporosis <i>Moderator: dr. Rahmad, SpKFR-K</i>
11.10 - 11.30	New targeted therapy in the treatment of Osteoporosis: Focus on the role of Denosumab <i>Speaker : Dr. dr. Rudy Hidayat, SpPD-KR</i>
11.30 – 11.50	Comparing the effectiveness of osteoporosis therapies for fracture risk reduction <i>Speaker : Prof. Dr. dr. Zairin Noor Helmi, SpOT-K, MM</i>
11.50 – 12.00	Discussion
12.00 – 13.00	Break and Lunch (60 menit)
	Symposium 3. Current update in Bone Health Assessment <i>Moderator: dr. Gunawan Tirtahardja, CCD, CDT</i>
13.00 - 13.20	The role of radiology in management of Osteoporosis : REMS Scanning in the Assessment of Bone Health <i>Speaker: dr. Paulus Rahardjo, SpRad, CCD</i>
13.20 – 13.40	Role of bone marker and 'genomics in the future of bone health assessment <i>Speaker: Prof. Dr. dr. Harry Isbagio, SpPD-KR</i>
13.40 – 13.50	Discussion
	Symposium 4. Pain management and Surgical aspect of Osteoporosis treatment <i>Moderator : Dr. dr. Retno Setianing, SpKFR-K</i>
13.50 – 14.10	How to manage pain in muskuloskeletal disease and osteoporosis? Do and donts! <i>Speaker : dr. I. A. Ratih Manuaba, SpPD-KR</i>
14.10 – 14.30	Identifying fracture in Osteoporosis and what surgeon can do? <i>Speaker : Dr. dr. Bintang Soetjahjo, SpOT-K</i>
14.30 – 14.40	Discussion
14.40 - 15.10	Coffee Break & Closing

Scientific Program

MINGGU, 5 NOVEMBER 2023

Sunday, November 5, 2023	
07.00 – 08.00	Registration
	Meet the Expert
08.00 - 09.00	“How to manage difficult cases of glucocorticoid induced and osteoporosis” <i>Case presenter: dr. Mirza Zaka Pratama, M.Biomed, SpPD</i> <i>Resource persons: Dr. dr. Deddy Nurwahid, SpPD-KR, Dr.dr. Laniyati Hamijoyo, SpPD-KR</i>
	Plenary Lecture
	<i>Moderator: dr. Lily Indriani Octovia, MT, M.Gizi, SpGK-K</i>
09.00 - 09.20	Nutritional Intervention as important aspect in Osteoporosis treatment <i>Speaker : Dr. dr. Fiastuti Witjaksono,MS. MKM, SpGK-K</i>
09.20 – 09.50	Coffee Break (30 menit)
	Symposium 5.
	Woman, Obesity, and Osteoporosis <i>Moderator : dr. Nadia Nastassia Ifran, SpOT</i>
09.50 – 10.10	Identifying those postmenopausal patients at higher risk of fracture: When, who, and how <i>Speaker: Prof. Dr. dr. Ichramsyah A. Rachman, Sp. OG-K</i>
10.10 - 10.30	Understanding the current concept of Obesity and Osteoporosis <i>Speaker : Dr. dr. Heri Nugroho, SpPD-KEMD</i>
10.30 - 10.40	Discussion
	Symposium 6.
	Autoimmune and osteoporosis <i>Moderator: dr. Bagus Putu Putra Suryana, SpPD-KR</i>
10.40 - 11.00	The Link of autoimmune disease and osteoporosis: what clinician can do? <i>Speaker : Prof. Dr. dr. Radiyati Umi Partan, SpPD-KR</i>
11.00 – 11.20	Strategy of choosing oral bisphosphonate: why risendronate? <i>Speaker : : dr. RM. Suryo Anggoro KW, SpPD-KR</i>
11.20 - 11.30	Discussion
	Symposium 7.
	Vitamin and calcium role in Osteoporosis prevention and treatment <i>Moderator: dr. Siti Annisa Nuhonni, SpKFR-K</i>
11.30 – 11.50	Calcium and Vit D Metabolism in osteoporosis <i>Speaker: Prof. Dr. dr. Agung Pranoto, SpPD,KEMD</i>
11.50 – 12.10	Osteoporosis and sarkopenia <i>Speaker: dr. Lily Indriani Octovia,MT, M.Gizi, SpGK-K</i>
12.10 - 12.20	Discussion
12.20 - 13.20	Lunch & Break (60 menit)
	Symposium 8
	Update in national recommendation of osteoporosis <i>Moderator: dr. Tanya Rotikan, SpKO</i>
13.20 – 13.40	Update in Indonesia Guideline of Osteoporosis <i>Speaker : dr. Anna Ariane, SpPD-KR</i>
13.40 - 14.00	Update in the national guideline of glucocorticoid Induced Osteoporosis <i>Speaker : dr. Rakhma Yanti Hellmi, SpPD-KR</i>
14.00 - 14.10	Discussion
14.10 – 14.30	Closing & Doorprize



A to Z About Osteoporosis

with

PEROSI - International Osteoporosis Foundation (IOF)



Osteoporosis in Indonesia & Pathogenesis of Osteoporosis and Fracture

Speaker: dr. Nadia Nastassia Ifran, Sp. OT

Early Detection and Diagnosis of Osteoporosis & Risk Factor Assessment for Osteoporosis

Speaker: dr. RM. Suryo Anggoro, KW, SpPD, K-R

Understanding Radiography Abnormalities in Osteoporosis

Speaker: dr. Paulus Rahardjo, Sp.Rad, CCD

Discussion (in room coffee break)
Moderator: dr. Angelica Anggunadi, Sp.KO

Role of BMD Test: Indication & Interpretation on Clinical Setting

Speaker: dr. Gunawan Tirtarahardja, CCD, CDT

Physical Exercises in Prevention and Treatment of Osteoporosis

Speaker: Dr. dr. Tirza Z. Tamin, Sp.KFR-K

The Role of Nutrition in Management of Osteoporosis

Speaker: dr. Lily Indriani Octovia, MT, M.Gizi, Sp.G-K

Treatment of Osteoporosis: Recommendation to Clinical Practice & Role of Biphosphonate

Speaker: dr. Surya Darma, Sp.PD, K-R

WORKSHOP

Workshop

SABTU, 4 NOVEMBER 2023

Saturday, 4 Nov, 2023

07.00 – 08.00	Registration
08.00 - 08.05	<i>Moderator: Dr. dr. Dewi Selvina Rosdiana, M.Kes</i>
08.05 - 08.15	Opening Speech <i>Chairman of Perhimpunan Osteoporosis Indonesia (PEROSI) dr. Bagus Putu Putra Suryana, SpPD-KR</i>
08.15 - 08.30	Pre test & Trigger cases for Group discussion (5 groups)
08.30 - 08.50	Osteoporosis in Indonesia & Pathogenesis of osteoporosis and fracture <i>Speaker: dr. Nadia Nastassia Ifran, SpOT</i>
08.50 - 09.10	Early detection and diagnosis of osteoporosis & Risk factor assessment for osteoporosis. <i>Speaker: dr. RM Suryo Anggoro KW, SpPD-KR</i>
09.10 - 09.30	Understanding radiography abnormalities in osteoporosis <i>Speaker : dr. Paulus Rahardjo, SpRad, CCD</i>
09.30 - 09.50	Discussion (in room coffee break) <i>Moderator : dr. Angelica Anggunadi, SpKO</i>
09.50 - 10.10	Role of BMD test: indication and interpretation in clinical setting <i>Speaker: dr. Gunawan Tirtarahardja, CCD, CDT</i>
10.10 - 10.30	Physical exercises in prevention and treatment of osteoporosis <i>Speaker: Dr. dr. Tirza Z Tamin, SpKFR-K</i>
10.30 - 10.50	The role of nutrition in management of osteoporosis <i>Speaker: dr. Lily Indriani Octovia, MT, M.Gizi, SpGK-K</i>
10.50 - 11.10	Treatment of osteoporosis: recommendation to clinical practice & Role of Bisphosphonate <i>Speaker: dr. Surya Darma, SpPD-KR</i>
11.10 – 11.30	Discussion
11.30 – 12.30	Group discussion and Post test
12.30	Break and Lunch



SIDANG ORGANISASI



4 NOVEMBER 2023

Saturday, November 4, 2023

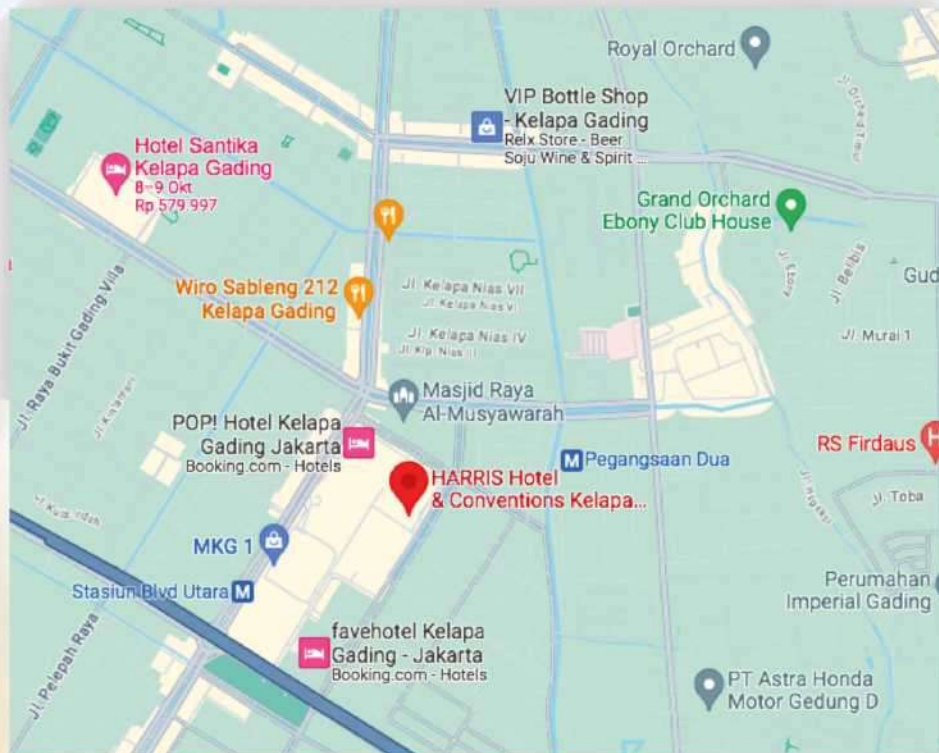
18.00 – 18.30	Dinner
18.30 – 18.35	Sidang Organisasi dibuka, dipimpin oleh Ketua Panitia KONAS VIII PEROSI
18.35 – 19.00	Pemilihan Ketua Sidang dan Sekretaris Sidang dipimpin oleh Ketua Kongres
19.00 – 19.05	Pembacaan Tata Tertib KONAS VIII PEROSI
19.05 – 19.25	Laporan Ketua Umum PB.PEROSI periode 2020 – 2023
19.25 – 21.00	Lanjutan Sidang yang meliputi masalah-masalah : a. Organisasi b. Pendidikan c. Pengembangan d. Pemilihan <i>Ketua Elect periode 2026 -2029</i> e. Penentuan tempat PITNAS dan KONGRES NASIONAL IX PEROSI berikutnya
21.00 – 21.10	Penyerahan Hasil Sidang kepada Ketua PB. PEROSI periode 2023 – 2026
21.10 – 21.30	Pidato Ketua Umum PB.PEROSI periode 2023-2026
21.30 - selesai	Penutupan & Foto Bersama



DENAH LOKASI



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*Thank
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