### ISMNI Session 1

**08.30 - 09.30  Oral presentations: Rheumatic diseases**  
*Chairs: D. Ioakimidis - A. Eliopoulos*

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.30</td>
<td>Bone markers in patients with rheumatoid arthritis and osteoarthritis</td>
<td>N. Prodanovic, B. Bozic, I. Zgragic</td>
</tr>
<tr>
<td>08.45</td>
<td>Correlation of radial pQCT with femoral DEXA measurements in rheumatoid arthritis patients</td>
<td>S. Psarelis, S. Gazi, P. Raptou, G. Trovas, I. Dontas, P. Papagelopoulos, G.P. Lyritis</td>
</tr>
<tr>
<td>09.00</td>
<td>Therapeutic efficacy of risedronate in men with rheumatoid arthritis. A 2-year control study</td>
<td>A. Zacharioudaki, D. Drigiannakis, K. Makris, I. Zeinaki, E. Raptakis</td>
</tr>
<tr>
<td>09.30</td>
<td>Lecture</td>
<td>J.L. Ferretti</td>
</tr>
</tbody>
</table>

**ISMNI Session 2**

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00</td>
<td>Oral presentations: Osteogenesis imperfecta and other inherited bone diseases</td>
<td>E. Schönau - I. Paspati</td>
</tr>
<tr>
<td>10.00</td>
<td>Therapeutic efficacy of zoledronate in men with rheumatoid arthritis. A 2-year control study</td>
<td>A. Zacharioudaki, D. Drigiannakis, K. Makris, I. Zeinaki, E. Raptakis</td>
</tr>
<tr>
<td>10.15</td>
<td>Estimation from early changes of serum procollagen type I aminoterminal propeptide of the lumbar BMD gain after 2 years in children suffering from severe osteogenesis imperfecta</td>
<td>J.-P. Devogelaer, G. Depresseux</td>
</tr>
<tr>
<td>10.30</td>
<td>Bone in bone image after treatment with intravenous infusions of disodium pamidronate in twin children suffering from osteogenesis imperfecta</td>
<td>J.-P. Devogelaer, F. Lecouvet, G. Depresseux</td>
</tr>
<tr>
<td>10.45</td>
<td>Are there any changes in bone mineral density in patients with hyperlipidemia treated with statins?</td>
<td>A. Zacharioudaki, D. Drigiannakis, I. Zeinaki, E. Raptakis</td>
</tr>
</tbody>
</table>

**ISMNI Session 3**

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.00</td>
<td>Lecture</td>
<td>I. Dontas</td>
</tr>
<tr>
<td>11.30</td>
<td>Coffee break</td>
<td>W.S.S. Jee</td>
</tr>
<tr>
<td>12.00</td>
<td>Lecture</td>
<td>N. Tsakalakos</td>
</tr>
<tr>
<td>12.30</td>
<td>Oral presentations: Molecular basis of bone biology</td>
<td>C.E. Sekeris - P. Moutsatsou</td>
</tr>
<tr>
<td>12.30</td>
<td>Estimation from early changes of serum procollagen type I aminoterminal propeptide of the lumbar BMD gain after 2 years in children suffering from severe osteogenesis imperfecta</td>
<td>J.-P. Devogelaer, G. Depresseux</td>
</tr>
<tr>
<td>12.45</td>
<td>Bone structure changes induced by mechanical and biological agents</td>
<td>F. Marsik, I. Marik, V. Klika</td>
</tr>
<tr>
<td>12.45</td>
<td>Glucocorticoids regulate the mGluR5, EAAT1 and GS expression in MG-63 osteoblast-like human osteosarcoma cells</td>
<td>N. Kalariti, E. Papageorgiou, P. Lembessis, M. Koutsilieris</td>
</tr>
<tr>
<td>13.00</td>
<td>The differential expression of OPG and RANKL in a co-culture system containing PC-3 prostate cancer cells and MG-63 osteoblast-like cell</td>
<td>H. Katopodis, R. Tenta, C. Doillon, A. Halapas, M. Koutsilieris</td>
</tr>
<tr>
<td>13.15</td>
<td>Differential distribution of glucocorticoid and estrogen receptor isoforms: Localization of GRbeta and ERalpha in nucleoli and GRalpha and ERbeta in the mitochondria of human osteosarcoma SAOS-2 and hepatocarcinoma HEPG2 cell lines</td>
<td>S. Solakidi, A.-M. Psarra, C.E. Sekeris</td>
</tr>
<tr>
<td>13.45</td>
<td>Are there any changes in bone mineral density in patients with hyperlipidemia treated with statins?</td>
<td>T. Notomi, T. Skerry</td>
</tr>
</tbody>
</table>

**Hellenic Foundation of Osteoporosis - HELIOS**

**September 28th - 1st October, 2006, Porto Heli, Argolis, Greece**

Program Chairmen: J.A. Gasser, G.P. Lyritis
5th International Workshop of ISMNI combined with the 11th International Seminar of HELIOS

HELIOS Session 1
17.00 - 18.00 Hellenic Clinical Guidelines on the Medical Treatment of Osteoporosis
Chair: G.P. Lyritis, S. Tournis, E. Papakitsou, A. Tsagari
19.00 - 20.30 Satellite Symposium - Sponsored by MSD Alendronate plus Vitamin D: Benefits and advantages for the treatment of osteoporosis
Chair: G. Kapetanos
19.00 - 19.25 Vitamin D: the importance and its contribution to bone health
K. Mavroudis
19.25 - 19.50 Efficacy first
A. Eliopoulos
19.50 - 20.15 Alendronate plus vitamin D: The superiority versus all the other bisphosphonates
S. Epstein
20.15 - 20.30 Discussion

DAY 2. FRIDAY, SEPTEMBER 29th, 2006

HELIOS Session 2
08.45 - 10.15 Obesity, slim diets and musculoskeletal health
Chairs: P. Burckhardt - C. Yiannakopoulos
08.45 - 09.05 Role of leptin in energy-deprivation states: normal human physiology and clinical implications for hypothalamic amenorrhoea and anorexia nervosa
K. Tsios
09.05 - 09.25 Nutritional status and dietary patterns in disabled people
A. Tsagari
09.25- 09.45 Changes in biochemical bone markers and BMD following a twelve - month dietary intervention program
Y. Manios
09.45 - 10.00 Discussion

ISMNI Session 4
10.00 - 10.30 Oral presentations: Bone and muscle interactions
Chairs: T. Karachalios - G. Trovas
10.00 - 10.15 Reposition of bone masses in the lateral direction at diaphyses as the biochemical response to excessive stress/strain states
M. Petrtyl, J. Danesova
10.15 - 10.30 Association between bone mineral density and muscle mass in postmenopausal women
D. Hadjidakis, A. Mylonakis, I. Androulakis, A. Papaefstathiou, S.A. Raptis
10.30 - 11.00 Lecture
Chair: G. Trovas
Mechanography - a new device for the assessment of muscle function in pediatrics
E. Schönau
11.00 - 11.30 Coffee break
11.30 - 12.00 Lecture
Chair: T. Karachalios
Combined treatments for osteoporosis or Fighting osteoporosis on two fronts
R. Rizzoli
12.00 - 12.30 Lecture - Sponsored by Roche/GSK
Chair: E. Papakitsou
Ibandronate in preclinical development, effects on bone mass, architecture and quality.
F. Bauss

HELIOS Session 3
12.30 - 14.00 Vertebral fractures and quality of life
Chairs: G. Kapetanos - C. Komisopoulo
12.30 - 12.50 Epidemiology of vertebral fractures: implications for vertebral augmentation
M. Potoupolis
12.50 - 13.10 Relationship of health related quality of life to prevalent and new or worsening back pain in postmenopausal women with osteoporosis
E. Bakas
P. Katonis
13.30 - 14.00 Discussion
14.00 - 18.00 Lunch - Free time
16.00 - 17.00 HELIOS General Assembly (first call)
17.00 - 18.00 ISMNI General Assembly (final call)
18.00 - 19.00 Lectures
Chair: W.S.S. Jee
18.00 - 18.30 Basic muscle function with a special emphasis on the effects of ageing
H. Degens
18.30 - 19.00 Can exercise prevent osteoporosis?
J. Rittweger

DAY 3. SATURDAY, SEPTEMBER 30th, 2006

ISMNI Session 5
19.00 - 20.00 Exercise and musculoskeletal interactions
Chairs: J. Rittweger - B. Noble
19.00 - 19.15 Kinetic parameters in pre - and postmenopausal women
Y. Dionyssiots, A. Galanos, Y. Katsanevakis, G.P. Lyritis
19.15 - 19.30 Markers of bone metabolism during endurance cycling exercise in male athletes: Acute effects of an oral calcium load
S. Guillemant, G. Peres, J. Guillemant
19.30 - 19.45 Quality of bone density - Acceleration of bone thickening
J. Danesova, M. Petrtyl
19.45 - 20.00 Male mice heterozygous for pH-Sensing Receptor OGR1 show a mild bone phenotype at skeletal maturity
J. Gasser
20.00 - 21.30 Satellite Symposium - Sponsored by Nycomed
Chair: G.P. Lyritis
20.00 - 20.30 Evaluation of risk factors for fracture - the high risk osteoporotic patient
T. Karachalios
20.30 - 21.00 How to retain and restore bone strength?
G. Kapetanos
21.00 - 21.30 A therapeutic approach to high risk for fracture osteoporotic patients with PTH
R. Rizzoli
21.30 - 23.00 Opening Ceremony
08.45 - 09.00 The prevalence of osteoporosis in the population of Tirana, Albania
  D. Ruci, A. Priftanji, A. Tafaj, V. Ruci, D. Tole
09.00 - 09.15 Local anaesthesia balloon kyphoplasty in the treatment of osteoporotic vertebral fractures
  V. Lykomitros, K. Anagnostidis, M. Potoupnis, G. Kapetanos
09.15 - 09.30 Oral salmon calcitonin reduces the Lequesne’s functional index and decreases the urinary and serum levels of biomarkers of joint metabolism in knee osteoarthritis
  D.H. Manicourt, M. Azria, L. Mindeholm, J-P. Devogelaer
09.30 - 10:30 Lectures
  Chair: J.A. Gasser
  09:30 - 10:00 Biomechanical and molecular regulation of bone remodeling
    A. Robling
  10:00 - 10:30 The cellular and molecular basis of targeted remodelling in bone
    B. Noble
  10.30 - 11.00 Coffee Break

HELIOS Session 4
11.00 - 12.00 Glucocorticoid/inflammation induced osteoporosis
  Chair: D. Karras
11.00 - 11.20 Pathogenesis of bone disease in chronic inflammation
  A. Eliopoulos
11.20 - 11.40 Glucocorticoid-induced osteoporosis
  S. Gazi
11.40 - 12.00 Effect of anti-rheumatic drugs on bone metabolism
  E. Kaskani
12.00 - 12.30 Satellite Symposium - Sponsored by Novartis
  New horizons in the treatment of bone disorders
  Chair: G.P. Lyritis
12.00 - 12.25 Osteoporosis, where are we heading to?
  P. Burckhardt
12.25 - 12.50 Calcitonin in the treatment of osteoporosis
  G.P. Lyritis
12.50 - 13.15 Zoledronic acid 5 mg: What is unique about it
  J. Gasser
13.15 - 13.30 Discussion
13.30 - 16.30 Lunch - Free Time
15.30 - 16.30 HELIOS General Assembly (final call)

HELIOS Session 5
17.00 - 18.00 Enhancement of fracture healing
  Chairs: P. Papagelopoulos - E. Papakitsou
17.00 - 17.30 Current trends in the enhancement of biomaterial osteointegration: biophysical stimulation
  G. Babis
17.30 - 18.00 Enhancement of fracture-healing in clinical practice
  T. Karachalios
18.00 - 18.30 Coffee Break
18.30 - 20.00 Satellite Symposium - Sponsored by Eli-Lilly
  An integral confronting of Osteoporosis
  Chair: G.P. Lyritis
18.30 - 18.55 Effectiveness ofRaloxiphene in osteopenia and osteoporosis: early response and duration of its benefit
  A. Katsalira
18.55 - 19.20 Teriparatide: a unique action on bone strength
  G. Trovas
19.20 - 19.45 Clinical use of Teriparatide: long term clinical experience
  D. Agnusdei
19.45 - 20.00 Discussion
20.00 - 21.30 Satellite Symposium - Sponsored by Servier
  Chair: G. Kapetanos
20.00 - 20.25 Improvement in bone strength parameters: the role of strontium ranelate
  S. Tournis
20.25 - 20.50 Management of postmenopausal osteoporosis in 2 fields: the role of strontium ranelate
  D. Karras
20.50 - 21.15 Current treatment of postmenopausal osteoporosis: the position of strontium ranelate
  G.P. Lyritis
21.15 - 21.30 Discussion
22.00 - 24.00 Farewell Dinner

DAY 4. SUNDAY, OCTOBER 1st, 2006
09.30 - 10.30 Lectures
  Chair: G.P. Lyritis
09:30 - 10:00 Tomographic assessment of muscle-bone interactions in normal humans
  J.L. Ferretti
10:00 - 10:30 Physical fitness and nutrition as determinants of hip fracture in advanced age: the SEMOF study
  P. Burckhardt
10:30 - 10:45 Discussion
10:45 - 11:15 Coffee break

HELIOS Session 6
11.15 - 12.25 Falls
  Chair: N. Papaioannou
11.15 - 11.35 Preventing osteoporosis-related fractures
  I. Dontas
11.35 - 11.55 Rehabilitation after falls and fractures
  Y. Dionyssiotis
11.55 - 12.25 PROFANE. A European team work to promote the prevention of falls
  D. Skelton
12.25 - 12.55 Lecture
  Chair: A. Katsalira
  Mortality and adverse health events in newly admitted nursing home residents
  D. Hadjidakis
13.00 - 13.30 Closing Sessions: General Discussion
  Proposals and ideas for the 2008’s meeting - Conclusions