



# 11th International Symposium on Nutritional Aspects of Musculoskeletal Health

## Scientific Program

<b>DAY 1 – Monday, December 7, 2026</b>		
7:00-8:00	<i>Registration</i>	<i>Ballroom Hall</i>
<b>SESSION 1: OBESITY AND MUSCULOSKELETAL CONSEQUENCES OF TREATMENT</b>		
<i>Moderators:</i>		<i>Ballroom A</i>
8:00-8:15	<u>Connie Weaver</u> ( <i>San Diego State University, USA</i> ) <b>Welcome and Official Opening</b>	<i>Ballroom A</i>
8:15-8:30	<u>Man-sau Wong</u> ( <i>The Hong Kong Polytechnic University HK</i> ) <b>Welcome to Hong Kong</b>	<i>Ballroom A</i>
8:30-9:00	<u>Richard Eastell</u> ( <i>Sheffield University, UK</i> ) <b>Overview of Obesity and Musculoskeletal Health</b>	
9:00-9:30	<u>Anne Schafer</u> ( <i>University of California, San Francisco, US</i> ) <b>Bariatric Surgery</b>	
9:30-10:00	<u>Kendall Mosley</u> ( <i>Johns Hopkins Metabolic Bone &amp; Osteoporosis Center</i> ) <b>GLP1 and Bone Health</b>	
10:00-10:30	<i>Break</i>	<i>Ballroom Hall</i>
10:30-11:00	<u>Ching-lung Cheung</u> ( <i>The University of Hong Kong, HK</i> ) <b>Extra Skeletal Muscle</b>	
11:00-11:30	<u>Mary Jane DeSouza</u> ( <i>Pennsylvania State University, US</i> ) <b>Female Athlete Triad: Basic</b>	
11:30-12:00	<u>Nancy Williams</u> ( <i>Pennsylvania State University, US</i> ) <b>Female Athlete Triad: Clinical, Lung?</b>	
12:00-13:30	<i>Lunch</i> <i>Visit Poster Exhibition</i>	<i>Hotel Kerry Restaurant</i> <i>Ballroom B</i>
<b>SESSION 2: LIFESTAGE</b>		
<i>Moderators:</i>		<i>Ballroom A</i>
13:30-14:00	<u>Shrin Hooshmand</u> ( <i>San Diego State University, US</i> ) <b>Menopause</b>	

14:00-14:30	<u>Sandra Iuliano</u> ( <i>University of Melbourne, AUS</i> ) <b>Elder Care and Bone and Muscle</b>	
14:30-15:00	<u>Pouneh Fazeli</u> ( <i>University of Pittsburgh, US</i> ) <b>Underweight and Bone</b>	
15:00-15:30	<u>Selected from Abstracts</u>	
<b>SESSION 3: DIET</b>		
<i>Moderators:</i>		<i>Ballroom A</i>
15:30-16:00	<u>Timothy Kwok</u> ( <i>The Chinese University of Hong Kong, HK</i> ) <b>Dietary Inflammatory Index and Frailty</b>	<i>Ballroom A</i>
16:00-16:30	<u>Paul Moughan</u> ( <i>Massey University, NZ</i> ) <b>Importance of Protein Quality in Meeting Musculoskeletal Protein Needs</b>	
16:30-17:00	<i>Break</i>	<i>Ballroom Hall</i>
<b>SESSION 4: DIABETES</b>		
<i>Moderators:</i>		<i>Ballroom A</i>
17:00-17:30	<u>Winnie SS Chee</u> ( <i>IMU University, MYS</i> ) <b>Interaction between diet, sarcopenia and brain health</b>	
18:00-19:30	<i>Welcome Reception</i> <i>Interactive Poster Session</i>	<i>Ballroom A</i>

<b>DAY 2 – Tuesday, December 8, 2026</b>		
7:00-8:00	<i>Registration</i>	<i>Ballroom Hall</i>
<b>SESSION 5: PRE- AND PRO-BIOTICS</b>		
<i>Moderators:</i>		<i>Ballroom A</i>
8:00-8:30	<u>Mattias Lorentzon</u> ( <i>University of Gothenburg, SWE</i> ) <b>Novel Approaches to Osteoporosis</b>	<i>Ballroom A</i>
8:30-9:00	<u>Brenda Smith</u> ( <i>Indiana University, US</i> ) <b>Prebiotics and Osteocytes</b>	
9:00-9:30	<u>Man-sau Wong</u> ( <i>The Polytechnic University of Hong Kong, HK</i> ) <b>Probiotics/Herbal Compounds on Vitamin D Metabolism and Muscle Health</b>	
9:30-10:00	<u>Laura McCabe</u> ( <i>Michigan State University, US</i> ) <b>Prune is a Prebiotic</b>	
10:00-10:30	<i>Break</i>	<i>Ballroom Hall</i>
<b>SESSION 6: MINERALS</b>		
<i>Moderators:</i>		<i>Ballroom A</i>
10:30-11:00	<u>Tatiane Vilaca</u> ( <i>Sheffield University, UK</i> ) <b>Effects of Iron Administration</b>	
11:00-13:00	<i>Lunch</i> <i>Visit Poster Exhibition</i>	<i>Hotel Kerry Restaurant</i> <i>Ballroom B</i>
13:00-13:30	<u>Connie Weaver</u> ( <i>San Diego State University, US</i> ) <b>Mineral Bioavailability and Bone</b>	
13:30-14:00	TBD	
14:30-15:00	<i>Break</i>	<i>Ballroom Hall</i>
<b>SESSION 7: DIGITAL HEALTH</b>		
<i>Moderators:</i>		<i>Ballroom A</i>
15:00-15:30	<u>Rob Daly</u> ( <i>Deakin University, AUS</i> ) <b>Digital Healthcare Solutions for Osteoporosis, Falls and Fractures: Are they Effective</b>	
<b>SESSION 8: SESSION TITLE</b>		
<i>Moderators:</i>		<i>Ballroom A</i>
15:30-16:00	<b>Oral Abstract competition</b>	
16:00-16:30	<b>Oral Abstract competition</b>	

18:00-20:30	<b>Cocktails/Gala Dinner</b> <b>Presentation of Young Investigator Awards</b> <ul style="list-style-type: none"><li>▪ Peter Burckhardt Award for Best Conference Presentation</li><li>▪ Bess Dawson-Hughes Award for Best Poster Presentation</li></ul> Entertainment provided by TBD	<i>Location</i>
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## DAY 3 – Wednesday, December 9, 2026

7:00-8:00	<i>Registration</i>	<i>Ballroom Hall</i>
<b>SESSION 9: SESSION TITLE</b> <i>Moderators:</i>		<i>Ballroom A</i>
8:00-9:00	Self-Funded Symposium	
9:00-10:00	Self-Funded Symposium	
10:00-10:30	<i>Break</i> <i>Last Look Poster Exhibition</i>	<i>Ballroom Hall</i> <i>Ballroom B</i>

## SESSION 10: SESSION TITLE

*Moderators:*

*Ballroom A*

10:30-11:30	Self-Funded Symposium
11:30-12:00	TBD
12:00 <b>MEETING CLOSE</b>	