

10th Anniversary Program on Community Fall and Fracture Prevention
Department of Orthopaedics and Traumatology,
The Chinese University of Hong Kong

Themes: Partnership through Multi-disciplinary Collaborations
An Introduction to Geriatric-orthopaedics

Public Event: Talk on Fall and Fracture Prevention

Date: Sept. 10, 2010

Venue: Postgraduate Education Center, Prince of Wales Hospital, Shatin

Objectives: A program opens to the public. The elderly is most welcome to participate. Educational talks on musculoskeletal health and fall and fracture prevention will be delivered to the participants. There will also be on-site health and bone density measurement.

Target participants: The elderly in the community

Time	Content	Speaker
2:15 – 2:30	Introduction	
2:30 – 3:00	Drama on bone health	Volunteers from Women Club, Family Planning Association
3:00 – 3:20	Elderly fracture care: how can we do better?	Prof JM Féron
3:20 – 4:30	Fall Prevention Talk: <ul style="list-style-type: none">- Epidemiology of fall and fracture in elderly- Causes and Consequences of osteoporosis- Exercise for osteoporosis prevention- Home environmental hazard and modification- Fall and fracture prevention aids	Prof Leung YY Wong Winnie Mak Claudia Chan
4:30 – 4:45	Q&A	
4:45 – 5:00	Demonstration on Tai Chi exercise	Volunteers from Women Club, Family Planning Association

* Registration is required. Please register at your elderly community centre.