

Osteoporosis and Fracture Prevention: Keeping Your Bones Strong to Stay Out of the Hospital

Date: Wednesday, April 5, 2023

Time: 12–1 pm (Eastern Time)



Each year, over 300,000 people ages 65 and older are hospitalized for a hip fracture. Women make up the majority of hip fracture hospitalizations. Poor bone strength and osteoporosis are often silent, even though they are the biggest risk factors for fractures. In this talk, we will review how you can minimize your risk of fracture and hospitalization by improving your bone health.



Featured Speaker: Bitah Zahedi, MD, MA

Dr. Zahedi is an endocrinologist at Mass General with a focus on metabolic bone diseases, calcium imbalances, and the pathophysiology of osteoporosis. She completed her Internal Medicine training at UMASS Medical Center and fellowship training in Endocrinology, Diabetes, and Metabolism at Mass General. She is a clinical faculty member at the MGH Endocrine Associates Clinic. In addition to clinical and research work, she enjoys formal teaching and mentoring Harvard medical students during their clinical training.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on this link: <https://partners.zoom.us/j/83383510993>
- Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speaker may address them during the session.

For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

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