



Nutrition and osteoporosis

Healthy Eating for Healthy Bones

By

Dr : Heba Alhussieni

Clinical Nutrition Specialist and Rheumatologist
General Secretary of Qalyubia Clinical Nutrition Physician
Association























Micronutrients

CALCIUM:

- ❑ At all ages, calcium plays a key role in calcium needed for optimal bone health stages in life.
- ❑ Dietary sources of calcium are the primary sources.
- ❑ Calcium supplementation, preferably with vitamin D, should only be for people who do not get enough calcium from diet and who are at high risk for osteoporosis.
- ❑ Dairy is the most source of calcium (1000mg, 300mg).
- ❑ How much calcium do I need?



Chairpersons

**Pro. Waleed Salah,
Prof. Marwa Yahia , Prof. Faten Salama**

Session 3 :- 11:15 am-11:45 am

Nutrition and Pediatric Rheumatic Diseases

Dr. Ahmed Said Amer

Clinical Nutrition Consultant Physician and Pediatric Specialist



5 min
Discussion



Quality Above All

**Symposium
11: 50 am - 12: 00 pm**

**12:00pm-12:30pm
Break and Photo**

Session 4 :- 12:30 pm-01:00 pm

Nutrition and Familial Mediterranean Fever

Dr. Amany Saeed

Clinical Nutrition Specialist and Consultant of Family Medicine



5 min
Discussion

Session 5 :- 01:05 pm-01:35 pm

Nutrition and Corticosteroids

Dr. Heba Yahia

Clinical Nutrition Specialist and Body Contouring Physician



5 min
Discussion

Tuesday
25-2-2025

Program

Registration
9:30am- 10:00am

Welcome Drink

Chairpersons

**Pro. Waleed Salah,
Prof. Marwa Yahia , Prof. Faten Salama**

Session 1 :- 10:00 am-10:30 am

Nutrition and Osteoporosis

Dr. Heba Alhussieni

Clinical Nutrition Specialist and Rheumatologist
General Secretary of Qalyubia Clinical Nutrition Physician
Association



5 min
Discussion

Session 2 :- 10:40 am-11:10 am

Nutrition and Inflammatory Bowel Diseases

Dr. Sally Yousef

Clinical Nutrition Specialist and internal Medicine Specialist
Certified Health Coach



5 min
Discussion



Prof. Waleed Salah

Head of Rheumatology, Rehabilitation and Physical Medicine
Department
Faculty of Medicine
Benha University



Prof. Marwa Yahia

Assistant Professor of
Rheumatology, Rehabilitation
and Physical Medicine
Department
Faculty of Medicine
Benha University



Prof. Faten Salama

Manager of Clinical Nutrition
Unit Kafr Shokr Specialized
Hospital
President of Qalyubia Clinical
Nutrition Physician Association
Member of Egyptian Physician
Clinical Nutrition Association



Prof. Naser Elgezawy
President of Benha University



Prof. El Sayed Fouda
Vice President for Community Services
and Environment



Prof. Mohamed Elashab
Dean of Benha Faculty of Medicine



Prof. Nermin Adly
Vice Dean for Community Services and
Environment



Prof. Osama Fouad
Head of Continuous Medical Education
Center



Prof. Maha Ibrahim
President of Specialized Medical Centers



Prof. Mohamed Nagy
President of Kafr Shokr Specialized
Hospital

The Scientific Day of Benha Rheumatology, Rehabilitation and Physical Medicine Department

in collaboration with

**Qalyubia Clinical Nutrition Physician Association
and Clinical Nutrition Unit Kafr Shokr Specialized
Hospital**

Nutrition in Rheumatic Diseases

Prof. Waleed Salah

President of the Day
and
Head of the Department

Moderators

Prof. Marwa Yahia

Assistant Professor of Rheumatology, Rehabilitation and
Physical Medicine

Prof. Faten Salama

President of Qalyubia Clinical Nutrition Physician Association

Under Patronage of

Prof. Nasser Elgezawy

President of Benha University

Prof. El Sayed Fouda

Vice President for Community Services and
Environmental Development

Prof. Mohamed Elashab

Dean of Benha Faculty of Medicine

Prof. Nermin Adly

Vice Dean for Community Services and
Environment

Prof. Osama Fouad

Head of Continuous Medical Education Center

Prof. Maha Ibrahim

President of the Specialized Medical Centers

Prof. Mohamed Nagy

Head of Kafr Shoker Specialized Hospital

25 February 2025

