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FOR IMMEDIATE RELEASE

AUB and Ministry of Public Health Address Gaps in Osteoporosis Care in Lebanon

The Calcium Metabolism and Osteoporosis Program (CaMOP) at the American University of Beirut (AUB), in collaboration with the Ministry of Public Health, held a scientific event at the AUB Medical Center (AUBMC) titled “From Guideline Recommendations to National-Level Implementation,” marking National Osteoporosis Day 2026. The day was officially designated in Lebanon in 2025.

The event aimed to review progress in national osteoporosis initiatives, present updates to the Lebanese osteoporosis guidelines, address gaps in awareness, diagnosis, and access to treatment, and define practical next steps to improve osteoporosis care in Lebanon.

Opening remarks were delivered by Dr. Ghada El-Hajj Fuleihan, chair of the National Task Force for Osteoporosis and Metabolic Bone Disorders, tenured professor of medicine, and founding director of the Calcium Metabolism and Osteoporosis Program (a World Health Organization collaborating center for metabolic bone disorders) and the Scholars in Health Research Program. Additional remarks were delivered by Dr. Raymond Sawaya, vice president for medical affairs and Raja N. Khuri Dean of the Faculty of Medicine, and Dr. Rakan Nassereldine, Lebanese minister of public health.

Dr. Ghada El-Hajj Fuleihan presented an overview of the burden of osteoporosis globally and in Lebanon, highlighted current challenges, and provided an update on the mandate of the National Task Force for Osteoporosis and Metabolic Bone Disorders and its panels.

Representatives from three working groups presented progress, planned activities, and key recommendations following the 2025 National Osteoporosis Day panels. Drs. Mona Osman and Nelly Ziyadé discussed strategies to improve clinical practice; Dr. Racha Hamra addressed public education and awareness; and Dr. Fadi El-Jardali discussed financial coverage.

Dr. Marlene Chakhtoura presented progress on the 2026 Lebanese osteoporosis guidelines and an update on FRAX Lebanon, a fracture risk assessment tool. Dr. Asma Arabi presented an initiative for education, training, and certification in bone mineral density measurement using dual-energy X-ray absorptiometry (DXA).

American University of Beirut
PO Box 11-0236, Riad El Solh, Beirut 1107 2020, Lebanon
T +961 1 35 00 00 – Ext 2650 | communications@aub.edu.lb
aub.edu.lb

Dr. Jotheeswaran Amuthavalli, a technical officer at the World Health Organization (WHO) in Geneva, delivered the keynote address virtually. Titled “WHO Policy Brief on Osteoporosis: Closing the Care Gap,” the address focused on gaps in osteoporosis care. Dr. Zeinab Abbas discussed access to osteoporosis medications and the approved list of medications for treating the disease.

The event concluded with a question-and-answer session and closing remarks by El-Hajj Fuleihan, who outlined a practical roadmap with proposed actions, responsibilities, timelines, and follow-up measures to advance osteoporosis care and support the implementation of recommendations nationwide.

E N D S

For more information please contact:

Simon Kachar, PhD
Executive Director of Communications
Lecturer – Political Studies and Public Administration Department
Founding Director – Good Governance and Citizenship Observatory
Former Fellow – Issam Fares Institute for Public Policy and International Affairs
Member of the Faculty of Arts and Sciences Research, Innovation, and Creativity Hub

T +961 1 37 43 74 Ext: 2676 | **M** +961 3 42 70 24
sk158@aub.edu.lb

Note to Editors

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Founded in 1866, the American University of Beirut bases its educational philosophy, standards, and practices on the American liberal arts model of higher education. A teaching-centered research university, AUB has more than 800 full-time faculty members and a student body of over 9,700 students. AUB currently offers more than 140 programs leading to bachelor’s, master’s, MD, and PhD degrees. It provides medical education and training to students from throughout the region at its Medical Center, which includes a full-service 365-bed hospital.

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