

AXA Auditorium

#OAFICongress23

25-27

October

OAFICONGRESS23

The pain doesn't stop us

OaFi
OSTEOARTHRITIS
FOUNDATION
INTERNATIONAL

AECOAR
ASOCIACIÓN ESPAÑOLA
CON LA OSTEOPOROSIS
Y LA ARTROSIS

7th
OaFi
Osteoarthritis
PATIENTS
WORLD CONGRESS

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#OAFICongress23

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Host

Txe Arana, professional communicator and broadcaster,
presenter of OAFI Radio&TV

Scientific direction

Dr. Josep Vergés, President and CEO of OAFI Foundation,
President of AECOSAR

Language: Spanish and English (simultaneous translation to both
languages available)

Time zone: CET

01 **Programme 25.10**

02 **Programme 26.10**

03 **Programme 27.10**

04 **Workshops & activities**

05 **Collaborators**

09:30h **Inauguration: Welcome to the #OAFICongress23**
Dr. Josep Vergés, President and CEO, OAFI Foundation

10:05h **Your cells as a treatment: The new future for osteoarthritis**

- Dr. Sol Ruiz, Head of the Division of Biological Products, Advanced Therapies and Biotechnology, AEMPS

10:40h **OA Patients Task Force: Our views on pain and function**
Moderator: Dr. Josep Vergés, president, OAFI Foundation

- Ms Françoise Alliot Launois, president, Association Française de Lutte Anti Rhumatismale (AFLAR)
- Ms Elsa Frazão Mateus, president, Liga Portuguesa Contra as Doenças Reumáticas (LPCDR)
- Mr Andrea Tomasini, communication expert, Associazione Nazionale Persone con Malattie Reumatologiche e Rare (APMARR)
- Dr. Maritza Quintero, vice president of the Osteoarthritis Group of the Pan-American League of Associations for Rheumatology (PANLAR)
- Ms Barbara Egger-Spiess, Arthrose Forum Austria
- Mr Corné Baatenburg de Jong, president, ReumaNederland
- Other organizations to be confirmed

11:35h **EMA's Patient-Centered Initiatives in the Post-Era of COVID-19 and in Clinical Trials**

- Ms Maria Mavris, patient relations, European Medical Agency (EMA)

12:10h **Break: visit to the stands**

12:35h **ARTRO360: A new multidisciplinary management model to improve joint health**

- Dr. Jose Luis Baquero, Corporate Social Responsibility OAFI
- Dr. Joima Panisello, specialist in Internal Medicine, CMO of DigimEvo
- Ms. Esther Gil, Strategic Director of Primary and Community Care, Department of Health of Catalonia.

13:10h **Chronic disease research in Europe: Are there publicly funded health projects?**

- Dr. María José González de Suso. EU4Health.SG International Research Programmes of the Carlos III Institute of Health

13:45h **Clinical Unit Specialized in Osteoarthritis and Regenerative Medicine**

- Dr. Xavier Tintoré, Head of the Plastic Surgery Department at the Hospital General de Catalunya, Founder of Exolife Clinic.
- Dr. Maritza Quintero, specialist in Rheumatology and Regenerative Medicine, Clínica Exolife

14:20h **Lunch break**

15:30h **Workshop: Tai Chi**

- Teacher: Ms. Montse Serlavós

16:05h **The Mediterranean diet and its anti-inflammatory power**

- Dr. Laura Arranz, PhD in nutrition, pharmacist and dietician-nutritionist specialising in chronic pain, excess weight and food intolerances

16:40h **How can artificial intelligence help us in joint health?**

- Ms. Marta Manso, BD & Patient Centric Unit, SermesCRO

17:15h **OAFI Stories**

- Moderator: Ms. María Teresa Vergés, Director Patient Area, OAFI Foundation
- Patients testimonials

17:50h **End of day 1**



09:30h Triankle Study: Latest advances in the treatment of tendinopathies

- Ms. Nina Martínez, Head of R&D of OAFI Foundation
- Dr. Gil Rodas, Medical Services FC Barcelona

10:05h Andulation as a non-invasive treatment of osteoarthritis

- Ms. Alba Ventura, physiotherapist at IXALUD
- Patient testimonial

10:40h Showering at ease again is possible: Showee, the accessible and eco-intelligent shower that adapts to people.

- Mr. Èric Güell, Data Analyst and CEO and Founder of Showee
- Mr. Marc Buxaderas, Actor and stand-up comedian with spastic tetraplegia paralysis

11:15h Tobacco use and evolution in joint pathology

- Dr. Luis Miguel Torres, President of SEMDOR, Pain Unit of Puerta del Mar Hospital

11:50h Break: visit to the stands

12:05h I live in the Mediterranean, can I have a vitamin D deficiency?

- To be confirmed

12:40h Spaces adapted to your mobility and usability, OAFI SPACE

- Ms. Queral Garriga, architect, associate lecturer at ETSAB/UPC
- Asunción Madrigal, Director Almogávares Ballesol Residence Hall
- Manuel Valderrama, Director of Olivia Hotels

13:15h Active ageing: The role of residential care homes

- Dr. Fermín García, specialist in geriatrics, national medical director, Grupo Ballesol
- Resident's testimony

13:45h Care of renal function in patients with osteoarthritis

- Dr. Javier Sobrino, internist and head of medicine and research at Hospital l'Esperit Sant Antoni Hospital Foundation
- Patient testimonial

14:25h Lunch break

Renal function check-up: nurse specialised in renal function.
From 10:00h to 13:30h (**Free attention**)



15:30h **What can be done if you suffer from osteoarthritis and vascular pathology?**

- Prof. Antonio Coca Payeras, internist, Hospital Clínic Barcelona
- Patient testimonial

16:05h **MBST - Therapeutic MRI: Functional Recovery and Pain Reduction**

- Dr. Jordi Surós, specialist in sports medicine, Sportcat medical centre
- Patient testimonial

16:40h **Osteoarticular prevention starts with the feet**

- Dr. Lluís Rueda, biomechanical podiatry, Clínica Privada Martín Rueda and Clínica del Tenis Teknon
- Patient testimonial

17:15h **Workshop: "Improving balance and postural control"**

- Ms. María José Rivas, Physiotherapist, Mad'OR

17:50h **End of day 2**

- 10:05h TAKE ACTION on a fracture, you might have osteoporosis**
- Dr. Cristina Carbonell, family medicine, representative of the Platform for the Prevention of Osteoporotic Fractures
 - Ms. Raquel Sánchez, patient
 - Ms. Esther Pujagut, patient

- 10:40h Triple care: obesity, cardiovascular risk and osteoarthritis**
- Dr. Ester Marco, Head of the Musculoskeletal and Cardiopulmonary Rehabilitation Unit. Hospital del Mar, Barcelona

- 11:15h Telemedicine and joint health: Bringing diagnosis closer to the patient**
- Mr. Aquilino Antuña, Chief Executive Officer Comitas e-Health

11:50h Break: visit to the stands

Cardiac risk review: Mrs. Mercè Faraudo, nurse specialised in heart failure.
From 10:00h to 13:30h (**Free attention**)

- 12:05h SPMs: an effective alternative for knee osteoarthritis – Gaudí Study**
- Dr. Malena Hawkins, PhD in Paediatric Endocrinology, medical director SolutexCorp
 - Dr. Ingrid Möller, rheumatologist, director of Poal Institute of Rheumatology
 - Dr. Jose María Villalón, Head of Medical Services Atletico de Madrid
 - Patient testimonial

- 12:40h Healthy Longevity: Technology and Professional Care at Home**
- Ms. Claudia Gómez Estefan, CEO and Co-founder of Senniors.

- 13:15h How to manage insomnia if you suffer from osteoarthritis**
- Dr. Eduard Estivill, specialist and international pioneer in sleep medicine
 - Dr. Daniela Giardino, medical director, Estivill Sleep Clinic

14:05h Lunch Break

- 15:05h Health economics, what role does the patient play in self-care?**
- Prof. Santiago Niño Becerra, Professor of Economic Structure, IQS School of Management, University Ram3n Llull

- 16:00h Presentation of OAFI With You**
- Dr. Josep Verg3s, President & CEO, OAFI Foundation
 - Dr. Carmen Benito, Director of the Diocesan Secretariat for Pastoral Health Care
 - Dr. Rafael Mic3, Vicepresident of SEMERGEN

- 16:35h Origin and treatment of osteoarthritis: differences between Tibetan and Western medicine**
- Venerable Thubten Wangchen, Buddhist monk, founder of the Tibet House of Barcelona
 - Dr. Tsewang Tamdin, [Dalai Lama personal physician](#)
 - Dr. Josep Verg3s, president and CEO, OAFI Foundation

- 17:30h Closing**
- Dr. Josep Verg3s, president and CEO, OAFI Foundation

- 17:40h End of #OAFICongress23**



Workshops & activities

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01

Workshop: Tai Chí

Wednesday 25 October, 15.30h. Teacher: Ms. Montse Serlavós

02

Renal function check: Free of charge

Wednesday 25 October, from 10 a.m. to 1.30 p.m. Nurse specialised in renal function

03

Workshop: Improving balance and postural control

Thursday 26 October, 15.30h. Ms. María José Rivas, Physiotherapist, Mad'OR

04

Cardiac risk assessment: Free of charge

Thursday 26 October, from 10 am to 1.30 pm. Mrs. Mercè Faraudo, nurse specialised in heart failure.

05

Joint Health Care with ultrasound

Free ultrasound scans with Comitas mobile units - 25, 26 and 27 October outside the AXA Auditorium

06

Showers adapted to Joint Health

Try Showee's smart showers (with drying included) - 25, 26 and 27 October outside the AXA Auditorium

Collaborators

Thank you for making it possible

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