



## Nourishing Bones: Exploring the Role of Nutrition and Non-Pharmaceutical Interventions in Fracture Healing and Bone Health

Saturday, February 8<sup>th</sup>, 2025

12:45 PM-2:45 PM

Time	Topic	Description
12:45 – 1:45 PM	<b>Plenary Session</b>	<p>This session will feature three talks that span basic, translational, and clinical considerations of how nutrition and lifestyle modifications can significantly impact bone health and recovery from fractures. Our speaker lineup for the session is listed below:</p> <p><b>Dr. Laura McCabe, PhD, Michigan State University</b> - Basic Science Targeting Gut Health as a Critical Skeletal Regulator</p> <p><b>Dr. Ashley Weaver, PhD, Wake Forest University</b> - Translational Nutrition, Exercise &amp; Weighted Vest Interventions to Preserve Older Adult Bone Health During Intentional Weight Loss</p> <p><b>Dr. Mary Jane De Souza, PhD, Penn State University</b> – Clinical Osteoporosis, Bone Health and Prunes: Lessons Learned from a 12 Month RCT Prune Intervention in Postmenopausal Women</p>
1:45 – 1:53 PM	<b>ISFR Section Highlights</b>	<p>This session will highlight the programming that the ISFR Committees provide over the calendar year for our members.</p>
1:53 – 2:25 PM	<b>ISFR Rising Star Speakers</b>	<p>This session features Young Investigators who have previously received an ORS ISFR award and are eligible to be selected as ISFR Rising Stars. The 2025 Rising Stars are listed below:</p> <p><b>Peter Bertone, MSE, Dartmouth University</b> Synergistic Strategies in Bone Tissue Engineering: Cryogels and Ceramic 3D Printing for Complex Reconstruction</p> <p><b>Dr. Honey Hendsei, PhD, CU Anschutz</b> Intermittent Fasting Improves Bone Fracture Healing in Obese Mice by Altering Gut Microbiome.</p> <p><b>Dr. Miriam Tschaffon-Müller, PhD, Ulm University Medical Center</b> Imbalances in Catecholamine Signaling Leading to Disturbed Endochondral Ossification</p>

2:25 - 2:45 PM	<p><b>Lifetime Achievement Award</b></p> <p><i>Dr. Anita Ignatius, PhD Director of the Institute of Orthopedic Research &amp; Biomechanics Ulm University, Germany</i></p>	<p>Congratulations to <b>Dr. Anita Ignatius</b>, the 2025 recipient of the ISFR Lifetime Achievement Award. Following a degree in Veterinary Medicine, she received her doctorate from the Institute of Pharmacology at the University of Munich. She then became a faculty at Ulm University, where she developed extensive research expertise in the musculoskeletal field with a focus on bone regeneration and biomaterials. She was awarded full Professorship and appointed Director of the Institute of Orthopedic Research and Biomechanics in 2008. Throughout her career, Anita has led a multi-disciplinary research team whose areas of expertise include medicine, engineering, and sciences, directed at understanding the pathomechanisms of disturbed bone regeneration. She has coordinated and contributed to many national and international research clusters and her publication list includes more than 400 research articles, reviews and book chapters.</p>
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Come join this open section meeting celebrating lifetime achievements, rising star speakers, and our members!