

Bone health and eating disorders

Date: Wednesday 02 December 2026

Time: 9:45am - 10:30am AEDT (45min)

Where: Online via Zoom (please register below and more information will be sent)

About this webinar

Bone health is a critical but often overlooked aspect of eating disorder care. Nutritional restriction, low energy availability and endocrine dysfunction can have significant consequences for bone density and fracture risk, including in young people.

Join Dr Patrice Forner, dual-trained endocrinologist and dietitian, for a practical webinar exploring the impact of eating disorders on bone health and the key considerations for assessment and management.

This webinar will provide an overview of:

- The impact of eating disorders and low energy availability on bone health
- The endocrine and metabolic mechanisms contributing to bone loss
- Assessment of bone health and fracture risk
- When to investigate and how to interpret bone density findings
- Practical approaches to management and bone protection
- Key considerations for clinicians caring for patients with eating disorders

Presented by

Dr Patrice Forner

Dr Patrice Forner is a consultant endocrinologist and dietitian based at Royal Prince Alfred Hospital, Sydney. She has a subspecialty interest in eating disorders and endocrine complications of nutritional restriction.

Dr Forner completed her medical degree at the University of Notre Dame, Sydney, and advanced training in endocrinology at St Vincent's Hospital and Royal Prince Alfred Hospital, including subspecialty training in bone and calcium metabolism. She also undertook postgraduate studies in Endocrinology and Diabetes at Queen Mary University of London and was awarded a US Endocrine Society Type 1 Diabetes Fellowship in 2023.

She is a Clinical Lecturer at the University of Sydney and currently serves as the Medical Lead for Eating Disorders in Sydney Local Health District and chair of the Adult Medical Leads Eating Disorders subcommittee for NSW.

Target Audience

All clinicians involved in the care of people with eating disorders, including GPs, endocrinologists, psychiatrists, paediatricians, physicians, dietitians, nurses, psychologists and other allied health professionals.

Registration

To attend online via Zoom, please [register via this link](#)

For more information please contact admin@insideoutinstitute.org.au