

Sita M. A. Bierma-Zeinstra
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After having practiced as a physical therapist in Sweden for nine years (1983-1992) she completed a Master of Science (Biomedical Science) at the University of Nijmegen, the Netherlands in 1994, and received her PhD at Erasmus University Rotterdam, the Netherlands in 1999. After her PhD she build her own research group focused on the subject osteoarthritis.

At present professor Sita Bierma-Zeinstra is leading the Osteoarthritis Research Group at the Department of General Practice, Erasmus MC, is head of clinical research at the Orthopedic Department, Erasmus MC, and supervises a group of more than 25 researchers. All research projects are related to osteoarthritis and consist mainly of large scale randomized clinical trials and prospective cohort studies in the open population, high risk populations, and primary care patient populations. She is also heading the international OA Trial Bank that performs meta-analysis with individual trial data to identify osteoarthritis subgroups with better effect of certain treatment. OA. Sita Bierma-Zeinstra published widely (> 250 publications listed in pubmed) in the area of osteoarthritis and related disorders.

Specific topics of interest in OA

- Risk factors and prognostic factors
- Primary care interventions
- Prevention
- Early identification / early treatment
- Optimizing indications for surgical treatment
- Identification of subgroups for specific treatments