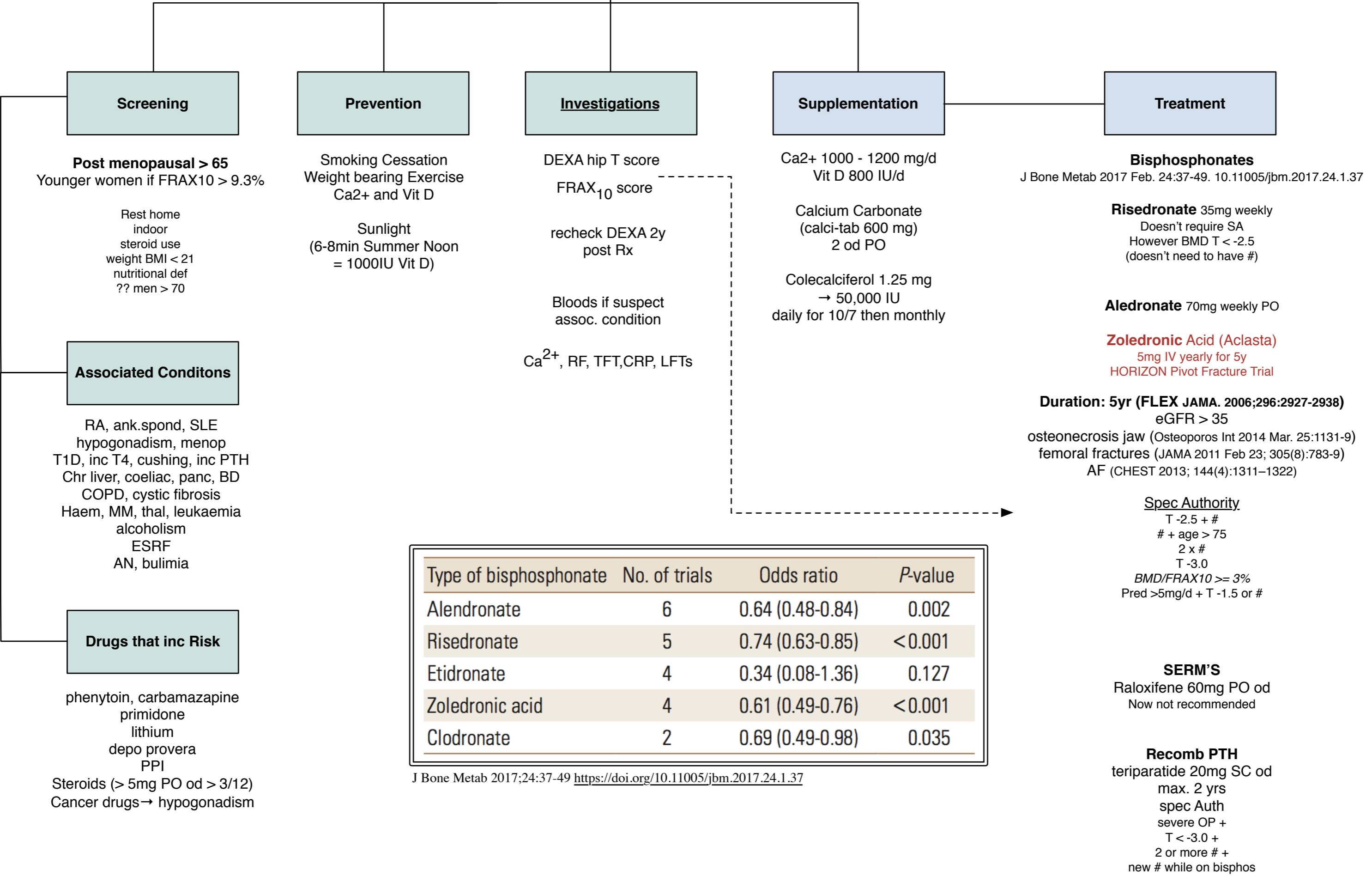


Osteoporosis



Screening

Post menopausal > 65
 Younger women if FRAX10 > 9.3%

Rest home indoor
 steroid use
 weight BMI < 21
 nutritional def
 ?? men > 70

Associated Conditions

RA, ank.spond, SLE
 hypogonadism, menop
 T1D, inc T4, cushing, inc PTH
 Chr liver, coeliac, panc, BD
 COPD, cystic fibrosis
 Haem, MM, thal, leukaemia
 alcoholism
 ESRF
 AN, bulimia

Drugs that inc Risk

phenytoin, carbamazepine
 primidone
 lithium
 depo provera
 PPI
 Steroids (> 5mg PO od > 3/12)
 Cancer drugs → hypogonadism

Prevention

Smoking Cessation
 Weight bearing Exercise
 Ca2+ and Vit D

Sunlight
 (6-8min Summer Noon
 = 1000IU Vit D)

Investigations

DEXA hip T score
 FRAX₁₀ score

recheck DEXA 2y
 post Rx

Bloods if suspect
 assoc. condition

Ca²⁺, RF, TFT,CRP, LFTs

Supplementation

Ca2+ 1000 - 1200 mg/d
 Vit D 800 IU/d

Calcium Carbonate
 (calci-tab 600 mg)
 2 od PO

Colecalciferol 1.25 mg
 → 50,000 IU
 daily for 10/7 then monthly

Treatment

Bisphosphonates
 J Bone Metab 2017 Feb. 24:37-49. 10.11005/jbm.2017.24.1.37

Risedronate 35mg weekly
 Doesn't require SA
 However BMD T < -2.5
 (doesn't need to have #)

Aledronate 70mg weekly PO

Zoledronic Acid (Aclasta)
 5mg IV yearly for 5y
 HORIZON Pivot Fracture Trial

Duration: 5yr (FLEX JAMA. 2006;296:2927-2938)
 eGFR > 35
 osteonecrosis jaw (Osteoporos Int 2014 Mar. 25:1131-9)
 femoral fractures (JAMA 2011 Feb 23; 305(8):783-9)
 AF (CHEST 2013; 144(4):1311-1322)

Spec Authority
 T -2.5 + #
 # + age > 75
 2 x #
 T -3.0
 BMD/FRAX10 >= 3%
 Pred >5mg/d + T -1.5 or #

SERM'S
 Raloxifene 60mg PO od
 Now not recommended

Recomb PTH
 teriparatide 20mg SC od
 max. 2 yrs
 spec Auth
 severe OP +
 T < -3.0 +
 2 or more # +
 new # while on bisphos

| Type of bisphosphonate | No. of trials | Odds ratio | P-value |
|------------------------|---------------|------------------|---------|
| Alendronate | 6 | 0.64 (0.48-0.84) | 0.002 |
| Risedronate | 5 | 0.74 (0.63-0.85) | <0.001 |
| Etidronate | 4 | 0.34 (0.08-1.36) | 0.127 |
| Zoledronic acid | 4 | 0.61 (0.49-0.76) | <0.001 |
| Clodronate | 2 | 0.69 (0.49-0.98) | 0.035 |

J Bone Metab 2017;24:37-49 <https://doi.org/10.11005/jbm.2017.24.1.37>