



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Management and Prevention of Osteoporosis](#)

Released: January 2016

Updated recommendations include:

Assessment

Assess risk factors to perform FRAX:

Refer to [guideline](#) or [FRAX tool](#) for all FRAX risk factors. FRAX tool provides alcohol units definition

Additional risk factors:

Vitamin D deficiency or low dietary calcium intake

Inadequate physical activity

Loss of height (1.5 inches)

Family history of osteoporosis

Depo-Provera use

Aromatase inhibitor therapy

Androgen inhibitor therapy

Lupron therapy

Patients with fracture

Diagnosis and Treatment

Optimize calcium (1600 mg/d) and vitamin D₃ [cholecalciferol (1000 IU/d)] intake