



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

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

Released: January 2020

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

Patients at potential risk for osteoporosis

Identify risk factors

- Assess risk factors. Calculate FRAX[®] to assess future fracture risk. Include bone mineral density (BMD) when available. Record result. (see [guideline](#) for risk factors)
- Perform BMD testing using dual-energy x-ray absorptiometry (DXA) for:
 - Women \geq 65 years regardless of risk factors
 - Men/women with fracture risk (10-year probability of fracture using FRAX[®] \geq 9.3%)
 - On corticosteroids
 - Transplant

Core Principles of Primary Prevention

- The role of calcium and vitamin D supplementation is unclear. Supplementation is not associated with reduced fracture risk and is not recommended for primary prevention.
- Address modifiable risk factors above, including not smoking or drinking too much alcohol.
- Fall prevention

Patients requiring therapy to reduce high risk of non-traumatic fractures

Pharmacological Management

- Optimize [dietary calcium](#) (1000-1200 mg/d) and [vitamin D](#) (\geq 1000 IU/d). Only use supplements if diet is insufficient.