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 ≥ 65 years regardless of risk factors
    - Men/women with fracture risk (10-year probability of fracture using FRAX® ≥ 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 (≥ 1000 IU/d). Only use supplements if diet is insufficient.