

DISCLAIMER

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Osteoporosis

By: David Horner, MD & Jerry Hizon,
MD



Osteoporosis

- Common condition in elderly
- Affects Caucasians more than other races
- Fracture from osteoporosis lifetime risk:
 - 1 in 2 for women
 - 1 in 5 men
- Impact includes:
 - Loss of function and immobility
 - Financial difficulty
 - Increased death



Causes of Osteoporosis

- Low peak bone mass before 30
- Increased bone loss
- Smoking
- Estrogen / testosterone deficiency
- Low vitamin D, calcium, PTH
- Poor nutrition or alcoholism
- Cushing's Dz or long term steroids
- Chronic gastrointestinal disorders



Diagnosis of Osteoporosis

- USPFTF recommends all women over 65 have a DEXA scan
- Z score less than -1.0 or < -2.5
- All men over 70
- Look for secondary causes:
 - Vitamin D level
 - smoking
 - Thyroid
 - Creatinine



Treatment of Osteoporosis

- Prevent falls
 - Daily moderate exercise
 - Weight bearing exercise
 - Reduce sedating medicines
 - Blood pressure and blood sugar control
- Stop smoking, Curb alcohol use
- Vitamin D/Calcium, calcitonin
- Fosamax, Boniva, Atelvia
- Estrogen, Raloxifene, Forteo, Prolia, Reclast

