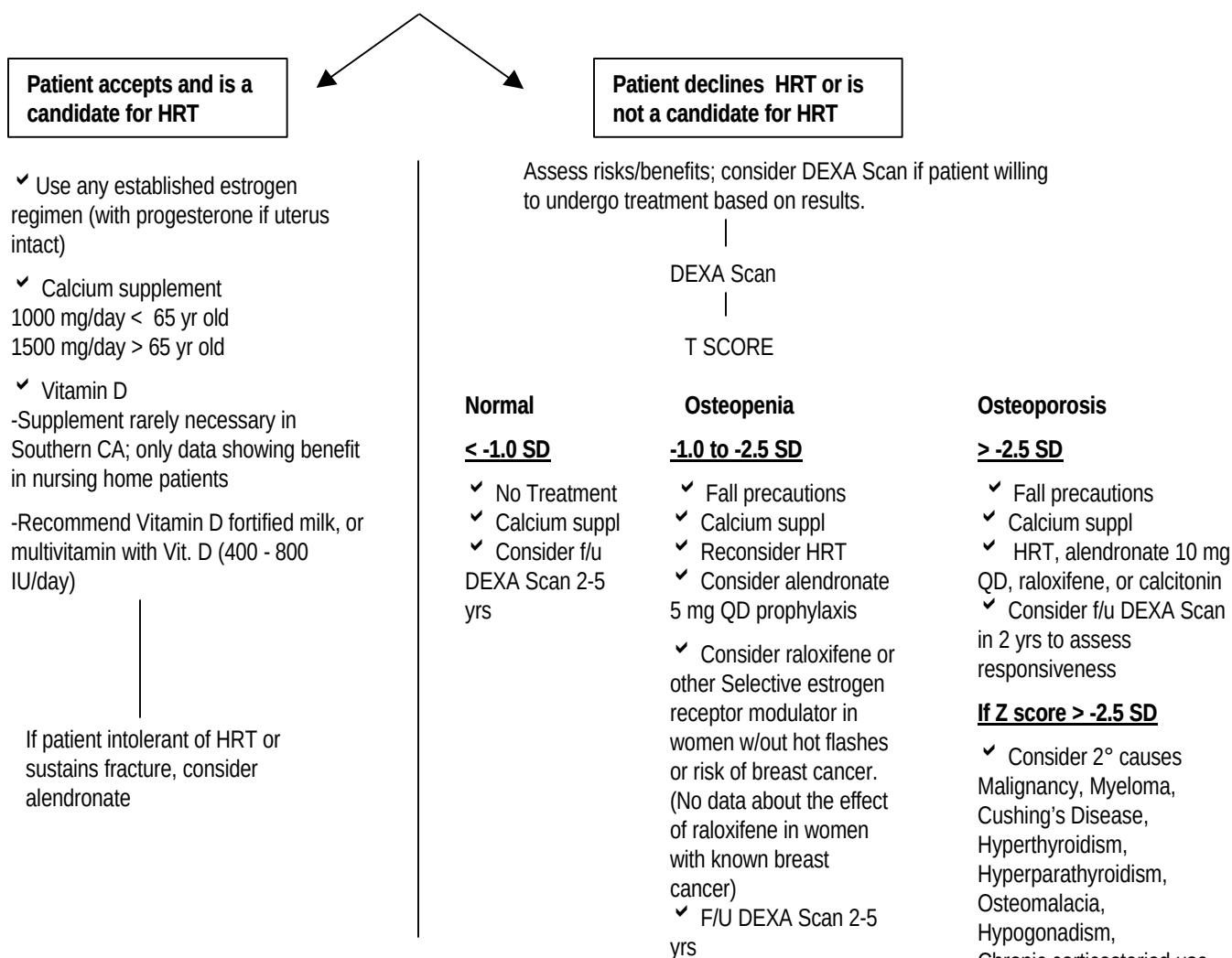


UCSD MEDICAL GROUP OSTEOPOROSIS GUIDELINE

- Consider preventive treatment in all women at time of menopause, such as:

- | | |
|--|---|
| <ul style="list-style-type: none"> TM Discuss adequate calcium intake in <u>all</u> adults (see below) TM Regular weight bearing exercise TM Avoidance of tobacco or heavy alcohol use TM Consider other osteoporosis risk factors <ul style="list-style-type: none"> * Female * White/Asian * Small body frame * Sedentary * Family history of osteoporosis | <ul style="list-style-type: none"> * Early menopause * Any fracture after age 40 * Hypercalciuria * Suppressive doses of thyroxine * Heparin, corticosteroids, phenytoin |
|--|---|

- Discuss risks/benefits of empiric HRT (Hormone Replacement Therapy)



- Notes:
- Osteoporosis in men is treated with alendronate and calcitonin.
 - Preliminary data suggest a benefit of combination treatment with HRT and alendronate. Consider combo therapy in pts who are not showing optimal response.
 - DEXA Scan of vertebra and hips recommended over peripheral sites (e.g. wrist, ankle).

THIS GUIDELINE IS TO BE USED TO ASSIST IN CLINICAL EFFICIENCY, BUT IS NOT A SUBSTITUTE FOR CLINICAL JUDGEMENT.

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Osteoporosis References

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