

OsteoR_x—Physician Instructions

This resource was created to put all of the Osteoporosis recommendations in one easy-to-use document for patients to follow. As such, it will not meet the individual requirements of every patient; however, it should work for most. **Even if your patient will not be taking Osteoporosis medications, this tool may still be useful.**

Information has been pulled from a number of sources (see references below), though predominantly from the 2010 Osteoporosis CPG that appeared in the CMAJ.

How to use this tool

Going through each of the four sections, check off your recommendations for each patient, or write in alternative recommendations in the spaces provided. Please note that this prescription **cannot** be used by patients to receive their medications or investigations—separate prescriptions and requisitions **must** be provided.

Medication quick-reference

The following quick-reference chart for first-line recommendations was developed from the 2010 Osteoporosis CPG. Detailed pharmacologic guidelines can be found at www.cmaj.ca/content/182/17/1864/suppl/DC1.

Medication should only be offered to those at high absolute risk (> 20% probability based on the calculated CAROC or FRAX score), or those > 50 y.o. who have had a fragility fracture of the hip or vertebra or who have had more than one fragility fracture.

	Sub-category	First-line CPG recommendation	In order to prevent	Evidence
Menopausal women	Osteoporosis	Alendronate, Risedronate, Zoledronic Acid, Denosumab	Hip, non-vertebral and vertebral fractures	A
		Raloxifene	Vertebral fractures	A
	Osteoporosis + Vasomotor Symptoms	Hormone Therapy (Estrogen)	Hip, non-vertebral and vertebral fractures	A
Men	Osteoporosis	Alendronate, Risedronate, Zoledronic Acid	Fractures	D

Useful references

Calcium in common foods

- Sources of dietary Calcium.
Source: <https://www.eatrightontario.ca/en/Articles/Calcium/Getting-Enough-Calcium-when-you-are-Lactose-Intole.aspx>

Alcohol recommendations

- Canadian Centre for Substance Abuse. “Drinking Guidelines” November 25, 2011.
Source: www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines
- National Institute on Alcohol Abuse and Alcoholism. “Alcohol and Other Factors Affecting Osteoporosis Risk in Women”
Source: pubs.niaaa.nih.gov/publications/arh26-4/292-298.htm

Exercise recommendations

- Giangregorio, Lora “Exercise Prescriptions for Osteoporosis” Canadian Centre for Activity and Aging.
Source: ir.lib.uwo.ca/ccaapres
- Giangregorio, Lora “Too Fit To Fracture: A Consensus on Exercise Recommendations for Individuals with Osteoporosis and Osteoporotic Vertebral Fractures”
Source: www.osteoporosis.ca/wp-content/uploads/2014-06-27-Module-5-Part-1-Slides1.pdf
- Osteoporosis Canada “Too Fit to Fracture: Managing Osteoporosis through Exercise” October, 2014.
Source: www.osteoporosis.ca/wp-content/uploads/OC-Too-Fit-To-Fracture-Osteo-Exercise-Book.pdf