

# Priority Topic: **OSTEOPOROSIS**

## Key Features:

### The comprehensive Canadian guideline:

[Osteoporosis Guidelines CMAJ 2010](#)

1. Assess [osteoporosis risk](#) of all adult patients as part of their periodic health examination.

#### *What you should study:*

- ✓ [FRAX Osteoporosis Risk Assessment Tool](#)
- ✓ [Osteoporosis Guidelines CMAJ 2010](#)

2. Use bone mineral density testing judiciously (e.g., don't test everybody, [follow a guideline](#)).

#### *What you should study:*

- ✓ [Osteoporosis Canada Guideline 2-pg Summary](#)

3. Counsel all patients about [primary prevention of osteoporosis](#) (i.e., dietary calcium, physical activity, smoking cessation), especially [those at higher risk](#) (e.g., young female athletes, patients with eating disorders).

#### *What you should study:*

- ✓ [Primary Prevention of Osteoporosis 2013 \(great article!\)](#)
- ✓ [Too Fit to Fracture Osteoporosis Canada](#)
- ✓ [Female Athletic Triad 2012](#) **or** [Female Athlete Triad AAFP 2018](#)

4. In [menopausal or peri-menopausal women](#), provide advice about [fracture prevention](#) that includes improving their physical fitness, reducing alcohol, smoking cessation, risks of physical abuse, and environmental factors that may contribute to falls (e.g., don't stop at suggesting calcium and vitamin D).

***What you should study:***

- ✓ [Osteoporosis Guidelines CMAJ 2010](#)
- ✓ [STEADI Fall Risk Checklist](#)
- ✓ [Preventing Falls AAFP 2017](#)

5. In patients with osteoporosis, [avoid prescribing medications that may increase the risk of falls](#).

***What you should study:***

- ✓ [Drug-related falls in older patients 2013](#)

6. Provide advice and counselling about [fracture prevention to older men](#), as they too are at risk for osteoporosis.

**see Key Feature 4**

7. Treat patients with established osteoporosis regardless of their gender (e.g., [use bisphosphonates in men](#)).

***What you should study:***

- ✓ [Osteoporosis in Men AAFP 2010](#)