ALGORITHM FOR OSTEOPOROSIS MANAGEMENT

CLINICAL ASSESSMENT

Patient with risk factor but no postmenopausal fracture
- Elderly
- Female
- Premature menopause
- Family history of Osteoporosis
- Low Calcium Intake
- Smoker
- Alcohol
- Sedentary Lifestyle
- Recurrent fall
- Hyperparathyroidism
- Hyperthyroidism
- Cushing Syndrome

Pt with low trauma fracture

Osteoporosis (BMD) if available

Alendronate
Vitamin DC
Calcium

Yearly assessment

Bone Mineral Density (BMD) measurement (if available)

T Score > 1
Normal
Monitor
Reassess BMD after 2 year

T Score <-1 to > -2.5
Osteopenia
Vitamin D Calcium Alendronate
Yearly Assessment

T Score ≤-2.5
Alendronate Vitamin D Calcium

Yearly assessment