

# Osteoporosis





Recognition  
Investigation  
Onwards referral

# Osteoporosis

Incidence increases with age

Uncommon prior to age 50

2:1 Female:Male

Over 1/3 women and 1/5 men will sustain a fragility fracture in their lifetime

At age 75-84 the absolute 10 year risk for sustaining a fragility fracture is approx.

24% for women and 14% for men.

Osteopenia



# Osteoporosis



Early menopause

Low BMI

Crohns/colitis/IBD

Inflammatory Arthropathies

Smoking/high alcohol intake

Eating disorders or food  
intolerances

Cancer

Steroids (>7.5mg/day - bone protection)

Parental fractured neck of femur

Osteoporosis

RED-S

## Calculation Tool

Please answer the questions below to calculate the ten year probability of fracture with BMD.

Country: **UK** Name/ID:  [About the risk factors](#)

**Questionnaire:**

1. Age (between 40 and 90 years) or Date of Birth  
 Age:  Date of Birth: Y:  M:  D:

2. Sex  Male  Female

3. Weight (kg)

4. Height (cm)

5. Previous Fracture  No  Yes

6. Parent Fractured Hip  No  Yes

7. Current Smoking  No  Yes


8. Glucocorticoids  No  Yes

9. Rheumatoid arthritis  No  Yes

10. Secondary osteoporosis  No  Yes

11. Alcohol 3 or more units/day  No  Yes

12. Femoral neck BMD (g/cm<sup>2</sup>)  
 Select BMD

 [Print tool and information](#)

## Risk factors

For the clinical risk factors a yes or no response is asked for. If the field is left blank, then a "no" response is assumed. See also notes on risk factors.

The risk factors used are the following:



### Weight Conversion

Pounds  kg

### Height Conversion

Inches  cm

**08450971**

Individuals with fracture risk assessed since 1st June 2011

[www.nos.org.uk](http://www.nos.org.uk)



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 Select BMD

**BMI: 22.4**  
 The ten year probability of fracture (%)

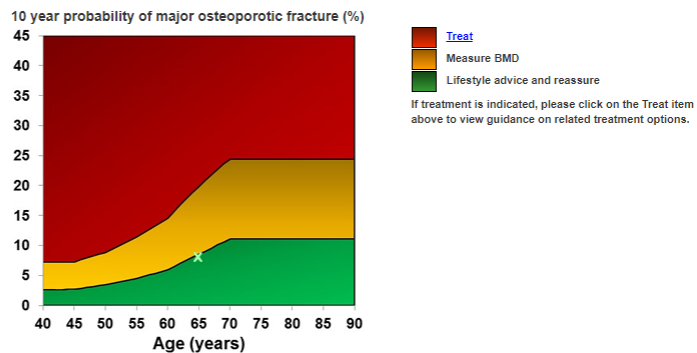
Major osteoporotic	<b>8.8</b>
Hip Fracture	<b>1.7</b>

[View NOGG Guidance](#)



Welcome to the NOGG 2017 Guideline Update. These new thresholds ensure equality of access to treatment for older patients with and without fracture (for full details, see [the Guideline document](#))

## Assessment threshold - Major fracture



# Osteoporosis



FRAX -> DEXA Scan

Calcium & Vit D supplementation

Bisphosphonates

Biologics

Loading Program

Optimise Health

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