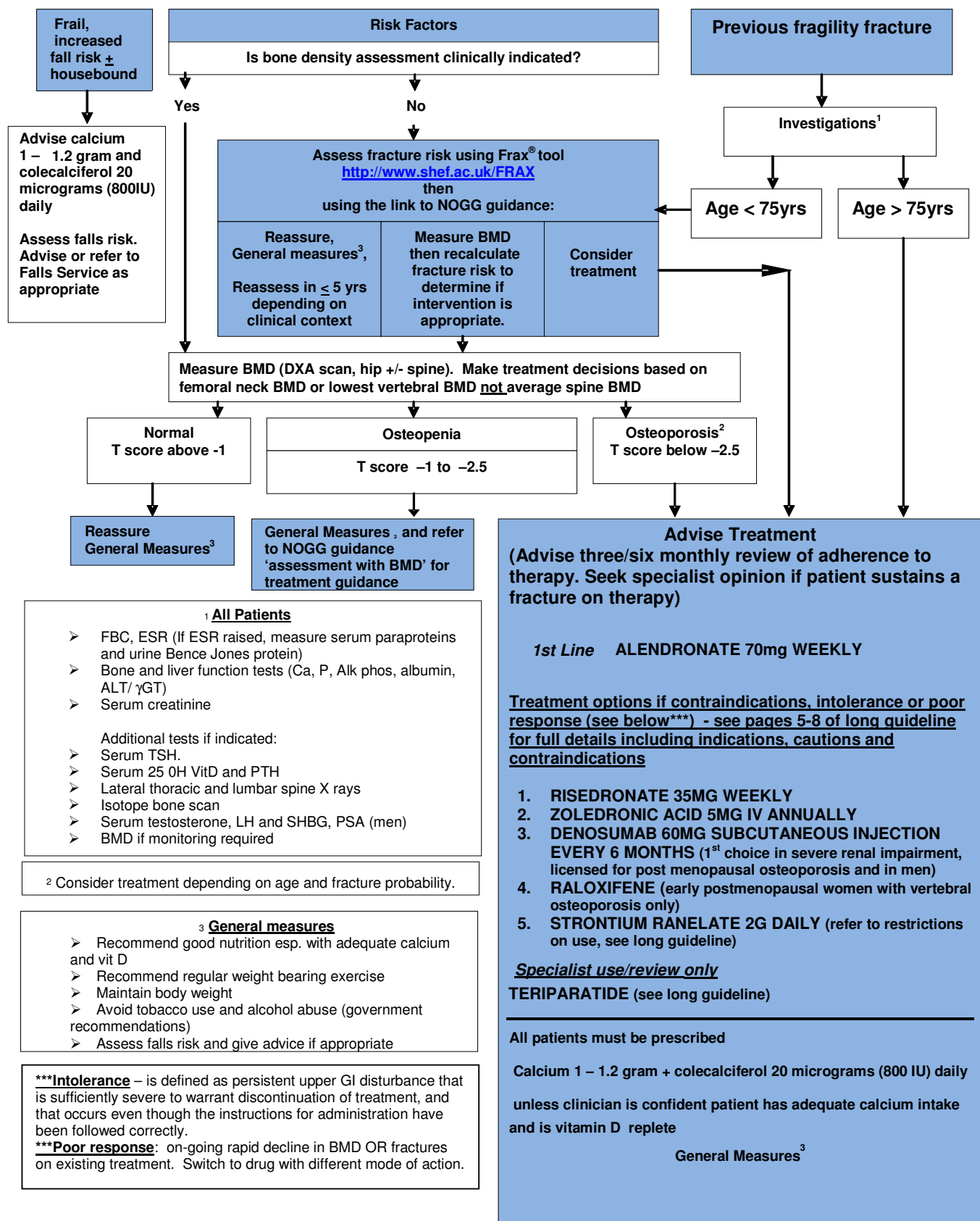
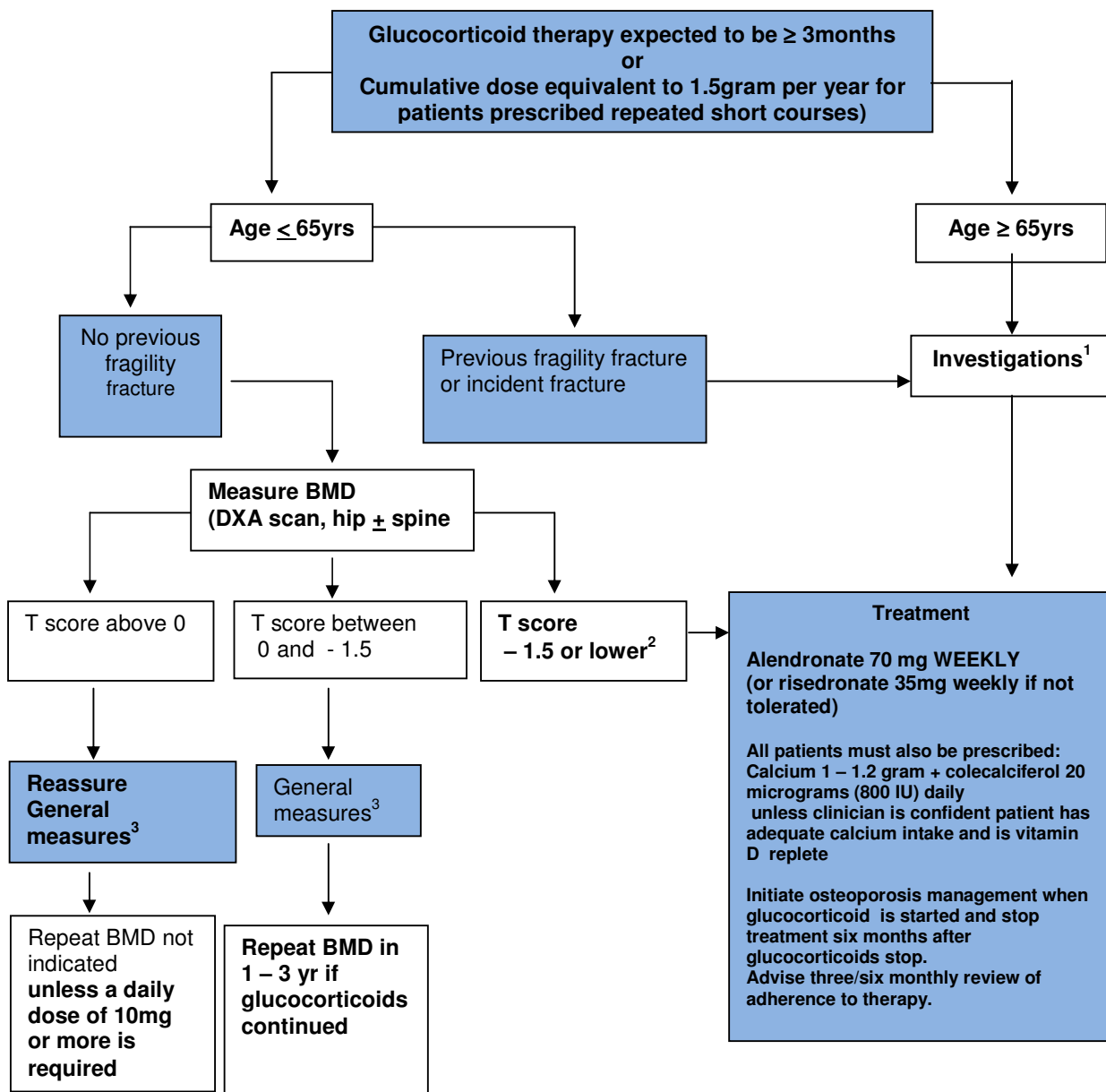


Medical Management of Men and Women over 45yrs with OP or at risk of Osteoporosis (OP)



ALGORITHM FOR THE MEDICAL MANAGEMENT OF GLUCOCORTICOID-INDUCED OSTEOPOROSIS IN ADULTS



- ¹All Patients**
- FBC, ESR (if ESR raised, measure serum paraproteins and urine Bence Jones protein)
 - Bone and liver function tests (Ca, P, Alk phos, albumin, ALT/ γ GT)
 - Serum creatinine
- Additional tests if indicated:**
- Serum TSH.
 - Serum 25 OH VitD and PTH
 - Lateral thoracic and lumbar spine X rays
 - Isotope bone scan
 - Serum testosterone, LH and SHBG, PSA (men)
 - BMD if monitoring required

- ²Consider treatment depending on age and fracture probability**
- ³General measures**
- Reduce dose of glucocorticoid when possible,
 - Consider glucocorticoid sparing therapy if appropriate or consider alternative route of administration
 - Recommend good nutrition esp. with adequate calcium and vit D
 - Recommend regular weight bearing exercise
 - Maintain body weight
 - Avoid tobacco use and alcohol abuse (> government recommendations)
 - Assess falls risk and give advice if appropriate