Week 5 Objectives

Osteoporosis:

1.Know the definition of osteoporosis clinically and by the DEXA score.

2.Describe the patients that should be screened for osteoporosis based on the USPSTF guidelines and the National Osteoporosis Foundation (NOF) Guidelines (including men).

3.Describe the difference between primary and secondary osteoporosis. Know which patients should be evaluated for secondary osteoporosis. List a differential diagnosis for secondary osteoporosis and what the work up entails.

4.Describe the indications for treatment of osteoporosis according to the NOF.

Understand how the FRAX tool can be used to help determine who needs to be treated.

5.Describe the non-pharmacologic treatment to prevent osteoporotic fractures.

6.Make a table and and describe the pharmacologic therapies for osteoporosis, (including bisphosphonates, selective estrogen receptor modulators (SERMS), calcitonin, teraperatide, and denosumab), their mechanism of action, contraindications, and side effects.

Know the recommended doses of calcium and vitamin D and the goal 25-OH vitamin D value.