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ISCD Position Statement

Diagnosis in Premenopausal Women (age 20 to menopause).

- The WHO criteria should not be applied to healthy premenopausal women.
- Z-scores rather than T-scores should be used.
- Osteoporosis may be diagnosed if there is low BMD with secondary causes (eg. glucocorticoid therapy, hypogonadism, hyperparathyroidism) or with risk factors for fracture.
- The diagnosis of osteoporosis in premenopausal women should not be made on the basis of densitometric criteria alone.

J. Clin. Den. 7(1). Spring 2004.

WHO Diagnostic criteria

Normal	T-Score	at or above -1
Low Bone Mass (osteopenia)		between -1 & -2.5
Osteoporosis		at or below -2.5
Severe Osteoporosis		below -2.5 with fracture

The most recent data suggest that fracture risk is the same for men and women with similar BMD levels.

Orthopedist's Corner

Short term data (two year) shows that bisphosphonates significantly reduce bone loss in women after uncemented total hip arthroplasty (THA). It is believed that bone loss after THA can increase the failure rate of THA (loosening) and cause revision surgery to be more complex and costly, with poorer outcomes.

Osteoporosis Int. 2002 13(suppl) S128

Gastroenterologist's Corner:

According to the AGA Medical position statement:

1. All patients should be educated about lifestyle, as well as calcium and vitamin D supplementation.
2. DXA should be selectively ordered in inflammatory bowel disease based on risk factors.
3. Patients who are 10 years post-gastrectomy, especially post-menopausal females, males over age 50, and patients with low trauma fractures should have DXAs.
4. DXA should be considered in adults with celiac disease and IBD.

Adapted from: Guidelines on osteoporosis in gastrointestinal diseases. **Gastroenterology** March 2003,

Our Facility

Spruce Street Osteoporosis Center uses a state of the art GE Lunar Prodigy densiometer with the capacity for instant vertebral assessment (IVA).

If you or your staff are interested in trying this technology for yourself, please schedule with Patty von Gruening, our office manager. She can also provide you with brochures, or whatever other information you might need. You can reach Patty at ext. 102.

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We will do precerts for your patients.
All they need to do is call.

In the next issue: **Osteoporosis in Men**