



Spruce Street Osteoporosis Center

Promoting Bone Health in Boulder County

Newsletter

September/October 2004

Number 4

Our Facility

We use a state of the art GE Lunar Prodigy densiometer with the capacity for vertebral fracture assessment (VFA).

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, script pads or whatever other information you might need.

You can reach Patty at ext. 102.

Spruce Street Osteoporosis Center

2575 Spruce St.
Boulder, CO
80302

303.449.3594
fax 447.0462

Medical Director: Hillary L. Browne, MD, FACP

Osteoporosis in Men ISCD Position Statement

- The WHO criteria should not be applied in its entirety to men
- In men age 65 and older, T-scores should be used and osteoporosis diagnosed if the T-score is at or below ~2.5.
- Between the ages of 50 and 65, T-scores may be used and osteoporosis diagnosed if both the T-score is at or below ~2.5 and other risk factors for fracture are present.
- Men at any age with secondary causes of low BMD, e.g. glucocorticoid therapy, hypogonadism, hyperparathyroidism, may be diagnosed clinically with osteoporosis, supported by findings of low BMD
- The diagnosis of osteoporosis in men under 50 years of age should not be made on the basis of densitometric criteria alone.

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

Did you know?

As men age, they lose half as much bone as women, and have one third the number of fractures.

Men have a higher death rate (30% vs 17%) after hip fracture than women.

A higher percentage of men than women with osteoporosis have secondary causes, the most common of which are alcohol abuse, tobacco use, corticosteroid therapy, anti-testosterone therapy, hypogonadism (10% of men over 50), or medical problems that contribute to bone loss.

Osteoporosis occurs at a later stage in men than women.

Which men to test?

- Age greater than 70 years old
- Multiple risk factors
- Low trauma fracture or vertebral deformity
- Medical conditions or medications known to increase the risk for bone loss and fracture

Medicare coverage for Bone Density Testing in Men:

There are two identical bills in Congress that would revise the Medicare coverage of bone density testing to include men "at risk for osteoporosis". Current Medicare coverage for men includes men with vertebral abnormalities; men treated with corticosteroids, men with hyperparathyroidism; and men being treated for osteoporosis, to assess responses to therapy.

Our Facility:

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

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We will do precerts for you patients,
All they need to do is call

In the next issue: Vitamin D and Calcium