



## Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Management and Prevention of Osteoporosis](#)

Released: January 2022

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

### Updated recommendations include:

#### **Patients at potential risk for osteoporosis**

##### **Identify risk factors**

- **Added:** Medroxyprogesterone use (e.g., Depo-Provera)
- **Added:** Androgen inhibitor therapy and gonadotropin-releasing hormone agonists and antagonists (e.g., Lupron)
- **Added:** Anticonvulsants (e.g., phenytoin, phenobarbital, carbamazepine)

##### **Core Principles of Primary Prevention**

- **Added:** Ensure all patients are receiving adequate dietary calcium and vitamin D. Supplemental calcium and vitamin D are recommended for those who have inadequate dietary intake, unless contraindicated. The benefits of supplemental [calcium](#) and [vitamin D](#) for those with adequate dietary intake are unclear.
- **Linked:** <https://ods.od.nih.gov/factsheets/vitaminD-healthprofessional/>;  
<https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>

#### **Patients requiring therapy to reduce high risk of non-traumatic fractures**

##### **[Added Section]: Non-pharmacological Management**

- **Added:** Fall prevention. For a list of techniques see AHRQ fall prevention [toolkit](#).
- **Linked:** <https://www.ahrq.gov/patient-safety/settings/hospital/fall-tips/index.html>

##### **Patient Selection for Pharmacological Management Based on Risk**

- **Added:** Consider treating patients on corticosteroid therapy with T-score  $\leq -1.0$ .
  - **Added:** [D] level recommendation

##### **Pharmacological Management**

- **Revised/Added:** Optimize dietary [calcium](#) (1000-1200 mg/d) and [vitamin D](#) ( $\geq 800$  IU/d). Only use supplements if diet is insufficient. Supplementation is suggested in postmenopausal women with osteoporosis to reduce risk of fractures.<sup>1</sup>
  - **Added link:** <https://www.osteoporosis.foundation/educational-hub/topic/calcium-calculator>
  - **Added reference 1:** <https://jamanetwork.com/journals/jama/fullarticle/2779831>
- **Added:** Parenteral bisphosphonate therapy may be preferred for patients unable to tolerate oral bisphosphonate.