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There have been many new developments in the assessment and management of patients with osteoporosis. Your physician may be using a FRAX measurement from your bone density report to determine the health of your bone as a replacement of a T score .The FRAX is composed of important clinical risk factors like age, family history. and use of corticosteroids which determine a patients risk of fracture.

A FRAX value of greater than 18 at the spine or 3 at the hip indicates a significantly higher risk of fracture.

This information provides you and your doctor a better way to determine your need for medical therapy.

In March,2012 , the FDA published some new recommendations on how long post-menopausal women should take bisphosphonates; ie; Alendronate, Zolendonic Acid .

Other drugs for osteoporosis were not included because of a lack of information. .

The consensus was that for women at high risk; have a T - score <-2.5 and high FRAX score or who have had a fracture medical therapy for a period of 5 years or more may be necessary.

For those at moderate risk ; T score -2.0 with a normal FRAX score a duration of 3 years may be sufficient.

The following link has more information on the FDA recommendations;

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<http://www.nejm.org/doi/pdf/10.1056/NEJMp1202623>