

A large, light gray, stylized graphic of the letter 'O' is positioned behind the main title. It has a thick, rounded stroke and a slight shadow effect, giving it a three-dimensional appearance.

*osteoporosis*  
**Guidelines for the Physician**

**FOUNDATION FOR OSTEOPOROSIS RESEARCH AND EDUCATION  
FOURTH EDITION • 2002**

Osteoporosis: Guidelines for the Physician  
ISBN 0-9717199-0-X

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Design by Design Guidance.

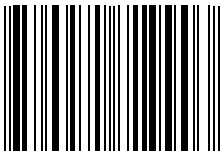
FORE is grateful to Eli Lilly & Co. and Merck & Co., Inc. for the unrestricted educational grants which supported development costs for this publication. Note that these companies did not exercise any control over the publication's contents.

Printed in the United States of America, July 2002.

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ISBN 0-97171



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This edition is dedicated to

Albert P. Rowe, MD (1916-2000), our Founder;

Barbara B. Davies (1927-2001), our beloved benefactor;

and Alta Diamond (1905-2002), our inspiration.

## Acknowledgments

During the last decade, the medical community and public have recognized the gravity of osteoporosis with a sense of urgency. FORE's first edition of the Guidelines, published in 1996, sought to provide physicians with a comprehensive reference tool at a time when little practical information was available. We extend warm thanks to the contributors to early editions, who were brave enough to tackle this ambitious project.

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We knew it was a good sign when the Guidelines became outdated. Early questions had begotten both answers and newer questions, and research had brought to light new information from diverse fields. We appreciate the efforts of the following people, who have ensured that the fourth edition reflects the many advances in osteoporosis research.

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## Guidelines for the Physician

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## Vision Statement

The Foundation for Osteoporosis Research and Education (FORE) is the premier resource for osteoporosis information and education and bone health promotion in Northern California and a national leader in developing proven models for treatment, intervention and prevention of osteoporosis throughout the cycle of life and among diverse populations. Founded in 1990, FORE is a leading nonprofit resource center for physicians and the public.

FORE will make a significant impact in reducing effects of osteoporosis and associated fractures and promoting bone health and acquisition among the diverse population of Northern California. FORE's models for treatment, early diagnosis and prevention of osteoporosis, and promotion of bone health will be widely disseminated and used by patients, providers and communities throughout the nation. As a nonprofit with multidisciplinary membership, FORE is uniquely qualified to present well-balanced and accurate osteoporosis information. *As a premier osteoporosis resource center* for individuals, clinicians, and community organizations, FORE will provide leading edge, appropriately tailored information for physicians and the general public, support for the newly diagnosed patient, and technical assistance and training for clinicians, providers and organizations. *As a leader in bone health*, FORE will act as a coalition builder in California to promote awareness of osteoporosis and bone health among diverse populations and advocate for policies and funding to support bone health. *As a top quality research institution*, FORE's research programs will support development of treatments and a cure for osteoporosis, as well as evaluate standards of care and best practices in early detection, prevention and treatment of osteoporosis.

## Foreword

**W**e have witnessed remarkable growth in the field of osteoporosis education, diagnosis and treatment in recent years. Research has embarked on numerous new frontiers in the field of bone health and a potential cure for this debilitating bone disease could be in sight in the near future. In writing these guidelines, we have updated both the content and the format to increase their utility in a clinical setting.

In the fourth edition, we have updated research data and drug treatments and included pertinent new information that we believe will be helpful to physicians in caring for their patients. Some of the highlights in this edition are as follows:

### Research reviews

- Summarized updated data from the results of the NHANES, NORA, PROFET, FIT, VERT, and MORE studies. These studies provided significant data on bone health, fracture risk, and/or treatment.
- Summarized the critical new information gathered from research on Hormone Replacement Therapy in conjunction with bone health including the results of the Heart and Estrogen Progression/Replacement Study (HERS) and the Women's Health Initiative (WHI).
- Summarized results from new studies assessing the impact of exercise on Bone Mineral Density.
- Provided new data about the efficacy of fall prevention interventions and hip protectors in reducing osteoporosis-related fractures.

### Discussion on drug treatments

- Added risedronate (Actonel®) and raloxifene (Evista®), based on current research, as agents approved for both the prevention and treatment of osteoporosis.
- Enhanced the information about bisphosphonate use in preventing and treating osteoporosis including new dosing information, the use of alendronate in men, clear precautions with usage, and the use of risedronate (Actonel®) approved in 2000 for the prevention and treatment of osteoporosis and for the prevention and treatment of glucocorticoid-induced osteoporosis.
- Summarized current research on Parathyroid Hormone (PTH) – the most promising new treatment for osteoporosis – scheduled for FDA approval in 2002.
- Discussed low dose HRT and its ramifications.
- Discussed new understanding and treatments for glucocorticoid-induced osteoporosis.

## Plus

- Greatly expanded the information on osteoporosis in men including use of testosterone replacement to impact bone health.
- Expanded the discussion about osteoporosis detection and treatment in perimenopausal/menopausal women.
- Included a comprehensive list, distributed by the National Osteoporosis Foundation (NOF), outlining drugs and diseases associated with an increased risk of generalized osteoporosis in adults.
- Provided a comprehensive list of risk factors for osteoporosis and for hip fracture.
- Included updated information about interpreting bone mass measurements and fracture risk stratification, plus FORE's clearly outlined recommendations for bone mass measurement.
- Outlined the acceptable use of collagen cross-links testing as outlined by the Balanced Budget Act of 1997.
- Outlined steps for fracture risk stratification to help focus screening and treatment efforts.
- Developed new strategies and tools for educating patients about calcium intake.
- Incorporated NOF Guidelines for testing and treatment.

We will make the Guidelines available through FORE's website, [www.fore.org](http://www.fore.org), and encourage you to visit the site for updates. We hope that you find this new edition helpful to you in your practice and welcome any comments or suggestions that you may have to improve these in the future.

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