

# A PRIMARY CARE GUIDE TO KEY CLINICAL QUESTIONS IN OSTEOPOROSIS MANAGEMENT

YOU ARE INVITED TO JOIN US FOR A CONTEMPORARY AND CLINICALLY RELEVANT EDUCATIONAL ACTIVITY.

This interactive program has been specifically designed to address the most frequently encountered clinical challenges in the management of patients with osteoporosis or at risk for osteoporotic fracture in the primary care setting. This activity was developed by leading Canadian Experts to provide clinicians with answers to frequently asked questions and key take-away messages that can be applied to real-world practice.



Date: January 01, 0001 Location: location name 117 silver linden dr

Program Start Time: 11:10 Program End Time: 13:11  
\*Meal to follow the presentation

Speaker (s): testingspk1, testingspk1 asfd, safd

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## AGENDA & LEARNING OBJECTIVES



The following Clinical Questions will be addressed during the session:

### Clinical Question:

- What parameters indicate a diagnosis of osteoporosis? How does this differ from assessment of fracture risk?

**Learning Objectives:** Upon completion of this activity, participants will be able to:

- Perform risk assessments and screening for all patients at high risk for fracture
- Explain the factors that determine osteoporotic fracture risk

### Clinical Question:

- How can we best explain the impact of osteoporosis to our patients?

**Learning Objectives:** Upon completion of this activity, participants will be able to:

- Describe the morbidity, mortality and economic burden of illness associated with osteoporosis in Canada
- Explain the factors that determine osteoporotic fracture risk
- Communicate to patients the impact of osteoporotic fractures on their quality of life and the actions they can take to reduce risk

### Clinical Question:

- How do we evaluate fracture risk in postmenopausal women with a view to identifying women who would benefit from osteoporosis pharmacotherapy?

**Learning Objectives:** Upon completion of this activity, participants will be able to:

- Identify clinical and diagnostic risk factors which further increase the risk of fractures in post menopausal women
- Apply evidence-based management protocols to prevent future fractures in post menopausal women
- Assess patients on treatment for occurrence of side effects and select appropriate therapies based on the patient characteristics

### Clinical Question:

- How do we evaluate fracture risk in older men, and what are the therapeutic options?

**Learning Objectives:** Upon completion of this activity, participants will be able to:

- Identify social, clinical and diagnostic risk factors which further increase the risk of fractures specific to male patients
- Apply evidence-based management protocols to prevent future fractures in male patients
- Assess patients on treatment for occurrence of side effects and select appropriate therapies based on the patient characteristics

### Clinical Question:

- Do patients on glucocorticoid require osteoporosis pharmacotherapy?

**Learning Objectives:** Upon completion of this activity, participants will be able to:

- Explain the impact of co-morbidities on the risk profile of patients with osteoporosis
- Describe why glucocorticoid treatment is associated with bone loss and increased fracture risk
- Mitigate the impact of medication-related factors which may increase the risk of bone loss and fragility fractures

**Clinical Question:**

- What is the risk of fracture in patients on aromatase inhibitor therapy?

**Learning Objectives:** *Upon completion of this activity, participants will be able to:*

1. Explain the impact of co-morbidities on the risk profile of patients with osteoporosis
2. Describe why aromatase inhibitor therapy is associated with bone loss and increased fracture risk
3. Mitigate the impact of medication-related factors which may increase the risk of bone loss and fragility fractures

**Clinical Question:**

- Do patients on androgen deprivation therapy require osteoporosis pharmacotherapy?

**Learning Objectives:** *Upon completion of this activity, participants will be able to:*

1. Explain the impact of co-morbidities on the risk profile of patients with osteoporosis
2. Describe why patients on androgen deprivation therapy are at risk for bone loss and will benefit from pharmacotherapy to prevent osteoporotic fractures
3. Mitigate the impact of medication-related factors which may increase the risk of bone loss and fragility fractures

**Clinical Question:**

- Do proton pump inhibitors cause bone loss?

**Learning Objectives:** *Upon completion of this activity, participants will be able to:*

1. Explain the impact of co-morbidities on the risk profile of patients with osteoporosis
2. Describe why treatment with proton pump inhibitors may be associated with bone loss and increased fracture risk
3. Mitigate the impact of medication-related factors which may increase the risk of bone loss and fragility fractures

**Clinical Question:**

- When patients are treated with Selective Serotonin Receptor Inhibitors, do they have an increase in the risk of fracture?

**Learning Objectives:** *Upon completion of this activity, participants will be able to:*

1. Explain the impact of co-morbidities on the risk profile of patients with osteoporosis
2. Describe why chronic SSRI treatment is associated with increased fragility fracture risk
3. Mitigate the impact of medication-related factors which may increase the risk of bone loss and fragility fractures

**Clinical Question:**

- How long do osteoporosis patients need to be treated?

**Learning Objectives:** *Upon completion of this activity, participants will be able to:*

1. Incorporate the history of prior fractures in determining future risk
2. Assess the risk of falls as a major and independent risk for fractures
3. Consider patient preference when selecting long term treatment
4. Explain the importance of adherence including avoidance of drug holidays in high risk individuals

This Group Learning program has been reviewed by the College of Family Physicians of Canada and is awaiting final certification by the College's Ontario Chapter

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