

Osteoporosis

Reduced bone mass. It may be:

- Primary (age-related)
- Secondary (to another causes)

If trabecular bone is involved, then crush injuries are common; if cortical bone is affected then the long bones are most likely to be affected.

Risk Factors

SHATTERED - Steroid Use - Hyperthyroid/parathyroid/calcuria - Alcohol and tobacco use - Thin - Testosterone reduction - Early Menopause - Renal or Liver Failure - Erosive/Inflammatory Bone Disease - Dietary Malabsorption

- Family History and increasing age

Investigations

- X-Ray
- DEXA Scan
- Calcium, phosphate and Alk Phos

Management

Lifestyle

- Stop smoking and reduce alcohol consumption
- Weight bearing exercise to increase bone mass
- Balance exercises reduce risk of falls
- Calcium and Vit D rich diet
- Home based fall prevention programme

Pharmacological measures

- Bisphosphonates
- Calcium and Vitamin D
- Strontium Ranelate
- Hormone Replacement Therapy
- Raloxifene
- Terparatide
- Calitonin
- Testosterone