

New osteoporosis guidelines: Osteoporosis Canada

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Comprehensive new guidelines from the Osteoporosis Canada aimed at preventing fragility fractures in women and men over the age of 50 are published in CMAJ (*Canadian Medical Association Journal*).

"Fragility fractures, the consequence of osteoporosis, are responsible for excess mortality, morbidity, chronic pain, institutionalization and [economic costs](#)," writes Dr. Alexandra Papaioannou, McMaster University and Hamilton Health Sciences with coauthors. "They represent 80% of all fractures in menopausal women over age 50 and those with hip or [vertebral fractures](#) have substantially increased risk of death post-fracture."

Fewer than 20% of women and 10% of men with fragility fractures receive interventions to prevent future fractures, writes co-author Dr. Bill Leslie, University of Manitoba.

Since publication of the 2002 guidelines, focus has shifted to preventing fragility fractures and their negative outcomes. Because current data indicate many fracture patients are not appropriately assessed or treated, these new guidelines focus on identification and management of fractures and tools to assess risk. They are aimed at helping clinicians better manage fractures as well as [osteoporosis](#) in general in patients.

The guidelines include information on exercise, calcium and vitamin D supplementation, pharmacological therapies and risk management.

More information: 2010 clinical practice guidelines for the diagnosis and management of osteoporosis in Canada: summary, Alexandra Papaioannou MD MSc, et al., *Canadian Medical Association Journal*.

Provided by Canadian Medical Association Journal

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