



Osteoporosis in Older Adults

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Calcium Intake and Risk of Fracture: Systematic Review

<https://www.bmj.com/content/bmj/351/bmj.h4580.full.pdf>

This article examined the evidence underpinning recommendations to increase calcium intake through dietary sources of calcium supplements to prevent fractures. (OPEN ACCESS)

Should we Prescribe Calcium or Vitamin D Supplements to Treat or Prevent

Osteoporosis <https://www.tandfonline.com/doi/abs/10.3109/13697137.2015.1098266?journalCode=icmt20>

This meta-analysis found that there were weak inconsistent effects on fracture in 50 000 older adults and that vitamin D without calcium has no effect on fracture. (OPEN ACCESS)

Treatment of Vitamin D Insufficiency in Postmenopausal Women: A Randomized Clinical Trial

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2422066>

The objective of the trial described was to compare the effects of placebo, low-dose cholecalciferol, and high-dose cholecalciferol on 1 year changes in total fractional calcium absorption, bone mineral density, Timed Up and Go and five sit-to-stand tests, and muscle mass in postmenopausal women with vitamin D insufficiency. (OPEN ACCESS)

Calcium Supplements: Benefits and Risks

<https://onlinelibrary.wiley.com/doi/pdf/10.1111/joim.12394>

The authors reviewed the evidence relating to dietary calcium requirement, before considering the advantages and disadvantages of supplement use. (OPEN ACCESS)

Calcium Plus Vitamin D Supplementation and Risk of Fractures: An Updated Meta-Analysis From the National Osteoporosis Foundation

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4715837/pdf/198_2015_Article_3386.pdf

The aim of the meta-analyze randomized controlled trials of calcium plus vitamin D supplementation and fracture prevention. (OPEN ACCESS)

Fracture Prevention for Long-Term Care Residents

<https://www.osteostategy.on.ca/wp-content/uploads/LTC-Fracture-Prevention-Quick-Reference-Guide-ENG-1.pdf>

This 2-page quick reference guide is a tool that provides a quick summary of information including Fracture Risk Assessment on Admission and Fracture and Fall Prevention Strategies for residents living in long-term care environments. (OPEN ACCESS)

Calcium Intake and Cardiovascular Disease Risk: An Updated Systematic Review an Meta-Analysis

<https://annals.org/aim/fullarticle/2571713/calcium-intake-cardiovascular-disease-risk-updated-systematic-review-meta-analysis>

The authors provide an update and re-analysis of systematic reviews to examine the potential risks associated with high levels of calcium intake on CVD in healthy adults. (OPEN ACCESS)



Making Connections & Sharing Knowledge



Osteoporosis in Older Adults

Common Controversies in Osteoporosis Therapy – Helping Patients Make Informed

Decisions https://docs.google.com/viewerng/viewer?url=http://canadiangeriatrics.ca/wp-content/uploads/2016/11/6_Common-Controversies_Angela-Juby.pdf&hl=en_GB

This article aims to offer a summary of common controversies in osteoporosis management for primary care providers. The authors utilize case studies to illustrate the importance of providing accurate and reliable information to patients to encourage informed decision making. (OPEN ACCESS)

Association Between Calcium or Vitamin D Supplementation and Fracture Incidence in Community-Dwelling Older Adults: A Systematic Review and Meta-Analysis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5820727/>

The meta-analysis described in this article investigated whether calcium, vitamin D, or combined calcium and vitamin D supplements are associated with lower fracture rates among community-dwelling older adults. (OPEN ACCESS)

2010 Clinical Practice Guidelines for the Diagnosis and Management of

Osteoporosis in Canada: Summary <http://www.cmaj.ca/content/cmaj/182/17/1864.full.pdf>

These guidelines focus on the assessment and management of women and men 50 years and over who are at high risk of fragility fractures and the integration of tools for assessing the 10 year risk of fracture into the management of osteoporosis. (OPEN ACCESS)

Clinician's Guide to Prevention and Treatment of Osteoporosis

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4176573/pdf/198_2014_Article_2794.pdf

The objective of this guide is to offer concise recommendations regarding the prevention, risk assessment, diagnosis and treatment of osteoporosis in postmenopausal women and men aged 50 year and older. (OPEN ACCESS)

A Practical Approach to Osteoporosis Management in the Geriatric Population

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4376227/pdf/cgj-18-29.pdf>

The authors aim to provide a practical approach to the workup and management of osteoporosis in older adults 65 year \geq . (OPEN ACCESS)

Recommendations for Preventing Fracture in Long-Term Care

<http://www.cmaj.ca/content/cmaj/187/15/1135.full.pdf>

This article offers guidance on fracture prevention strategies for interprofessional teams working with older frail adults in long-term care. (OPEN ACCESS)

Fragility Fracture: Recent Developments in Risk Assessment

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4314300/pdf/10.1177_1759720X14564562.pdf

The authors discuss the evidence for the utility for different fracture risk assessment tools. (OPEN ACCESS)

Postmenopausal Osteoporosis

<https://www.nejm.org/doi/pdf/10.1056/NEJMcp1513724?articleTools=true>

This article includes a case study and reviews the evidence supporting various strategies and guidelines. The authors conclude with their clinical recommendations. (OPEN ACCESS)

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Osteoporosis Risk Calculators

<https://www.sciencedirect.com/science/article/abs/pii/S1094695017301178?via%3Dihub>

The authors reviewed a variety of risk assessment tools and recommendations. (PAID ACCESS)

Identification and Management of Patients at Increased Risk of Osteoporotic Fracture: Outcomes of an ESCEO Expert Consensus Meeting

<https://link.springer.com/content/pdf/10.1007%2Fs00198-017-4009-0.pdf>

The purpose of the study described was to examine the data available on the identification and treatment of osteoporosis in patients with an increased risk of fracture. (OPEN ACCESS)

Screening in the Community to Reduce Fractures in Older Women (SCOOP): A Randomised Controlled Trial

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)32640-5/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)32640-5/fulltext)

This review focuses on late-life eating disorders such as anorexia nervosa, bulimia nervosa and binge eating disorder with a focus on diagnosis and management. (OPEN ACCESS)

Secondary Prevention After an Osteoporosis-Related Fracture

<https://www.sciencedirect.com/science/article/pii/S074906901400010X?via%3Dihub>

This article overviews the increased risk of secondary fracture, the evidence for post-fracture secondary prevention programs, utilizing a systems approach and existing gaps in care. (OPEN ACCESS)

Bisphosphonates for the Prevention and Treatment of Osteoporosis

<https://www.bmj.com/content/bmj/351/bmj.h3783.full.pdf>

The authors discuss important considerations for using bisphosphonates in patients with osteoporosis and those at high risk fracture including the benefits and risks of treatment, monitoring and treatment duration. (OPEN ACCESS)

Bisphosphonate Drug Holidays – When, Why and for How Long?

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3707342/pdf/10.1177_1759720X13477714.pdf

This article discusses the controversy surrounding the duration of therapy and length of drug holiday. (OPEN ACCESS)

Recommendations for Preventing Fracture in Long-Term Care

<http://www.cmaj.ca/content/cmaj/187/15/1135.full.pdf>

This guideline has been endorsed by Osteoporosis Canada and discusses fracture prevention strategies for interprofessional teams. (OPEN ACCESS)

Treatment of Low Bone Density or Osteoporosis to Prevent Fractures in Men and Women: A Clinical Practice Guideline Update From the American College of Physicians <https://www.ser.es/wp-content/uploads/2018/06/American-College-of-Physians-170607.pdf>

This updates includes six recommendations focused on the comparative benefits and risks of short and long-term pharmacologic treatments. (OPEN ACCESS)

Long-Term Oral Bisphosphonate Therapy and Fractures in Older Women: The Women's Health Initiative <https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/28555811/>

This article describes a study investigating the relationship between long-term bisphosphonate use with fracture among older women with high fracture risk. (OPEN ACCESS)

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Romsozumab (Sclerostin Monoclonal Antibody) Versus Teriparatide in Postmenopausal Women with Osteoporosis Transitioning from Oral Bisphosphonate Therapy: A Randomised, Open-Label, Phase 3 Trial

<https://www.sciencedirect.com/science/article/pii/S0140673617316136?via%3Dihub>

The authors discuss the findings from this comparative study including bone mineral density and adverse events. (PAID ACCESS)

Romsozumab or Alendronate for Fracture Prevention in Women with Osteoporosis

<https://www.nejm.org/doi/pdf/10.1056/NEJMoa1708322?articleTools=true>

This article describes the findings of a 24 month study which found that romsozumab treatment for 12 months followed by alendronate resulted in significantly lower risk of fracture than those who took alendronate alone in postmenopausal women with osteoporosis and high risk of fracture. (OPEN ACCESS)

The Role of Exercise in Osteoporotic Fracture Prevention and Current Care Gaps. Where are we now? Recent Updates

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5548111/pdf/rmmj-8-3-e0032.pdf>

The authors aimed to describe the role of exercise in osteoporotic fracture prevention. They identified effects and potential risks of high-force exercises, found optimal exercises to counteract osteoporosis and investigated some of the challenges that could arise from these interventions. (OPEN ACCESS)

Implications of Guidelines for Osteoporosis and its Treatment

<https://academic.oup.com/ageing/article/47/3/334/4791138>

This publication discusses issues of concern related to the multitude of available guidelines and their priorities. (OPEN ACCESS)

Fragility Fractures and the Osteoporosis Care Gap: An International Phenomenon

<https://www.sciencedirect.com/science/article/abs/pii/S0049017205002143?via%3Dihub>

This article describe the findings of a systematic review where the investigators finds that the majority of individuals with fragility fractures have not received adequate osteoporosis management. (OPEN ACCESS)

Glucocorticoid-induced Osteoporosis: An Update

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5997116/pdf/12020_2018_Article_1588.pdf

This review focuses on recent developments in the understanding of epidemiology, pathophysiology and management of glucocorticoid-induced osteoporosis and the implications for clinical practice. (OPEN ACCESS)

Improving Time to Surgery - Emergency Room, Preoperative and Immediate Postoperative Clinical Practice Guidelines for Hip Fracture Patient Management: Quick Reference Guide

<http://boneandjointcanada.com/wp-content/uploads/2014/05/ER-Pre-Op-Clinical-Practice-Quick-Reference-Guide-2010Dec-Final.pdf>

The Ontario Orthopedic Expert Panel through the Bone and Joint Health Network developed a Provincial Hip Fracture Model of Care. This quick reference guide provides health care professionals with a summary of the most important recommendations. (OPEN ACCESS)