



## Bone & Joint Health in Later Life

Last reviewed December 2019

### **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)

### **Management of Osteoporosis Among the Elderly with Other Chronic Medical Conditions**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3767038/>

The presence of co-morbid medical conditions can be a risk factor for falls and a barrier to osteoporosis care. This article reviews the current status of osteoporosis management and emphasizes the need to improve care to increase awareness and improve treatment for this high risk group. (OPEN ACCESS)

### **Life with Arthritis in Canada – A Personal and Public Health Challenge**

<https://www.canada.ca/en/public-health/services/chronic-diseases/arthritis/life-arthritis-canada-a-personal-public-health-challenge.html>

This Canadian surveillance report provides an overview of arthritis and its wide ranging impact. It also suggests approaches for reducing some types of arthritis, ways to minimize disability and improve quality of life. (OPEN ACCESS)

### **Cause-Specific Mortality in Osteoarthritis of Peripheral Joints**

[https://www.oarsijournal.com/article/S1063-4584\(19\)30851-9/pdf](https://www.oarsijournal.com/article/S1063-4584(19)30851-9/pdf)

The authors investigated the relationship between knee and hip osteoarthritis and mortality. (PAID ACCESS)

### **Rheumatoid Arthritis - Diagnosis, Management and Monitoring**

<https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines/rheumatoid-arthritis>

This is a comprehensive guideline developed by government of British Columbia outlines how to diagnose, manage and monitor those with rheumatoid arthritis. Included is a summary, patient guide and full guidelines. (OPEN ACCESS)

### **Management of Hip Fractures in the Elderly**

[https://www.aaos.org/research/guidelines/HipFxGuideline\\_rev.pdf](https://www.aaos.org/research/guidelines/HipFxGuideline_rev.pdf)

This clinical practice guidelines provide a variety of recommendations by the American Academy of Orthopedic Surgeons. (OPEN ACCESS)

### **Paget Disease Treatment and Management**

<https://emedicine.medscape.com/article/334607-treatment>

The author outlines treatment approach considerations in terms of short-term and long-term objectives of treatment. (OPEN ACCESS)

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### Perceptions of Joint Pain and Feeling Well in Older People who Reported Being Healthy: A Qualitative Study <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2913739/>

This article shares the findings of a qualitative, longitudinal study exploring older adults' perceptions of wellness and joint pain. (OPEN ACCESS)

### Paget Disease of Bone: Diagnosis and Drug Therapy

<https://www.mdedge.com/ccjm/article/95905/drug-therapy/paget-disease-bone-diagnosis-and-drug-therapy>

This article discusses the prevalence, pathology, workup and treatment of Paget disease of bone. (OPEN ACCESS)

### Management of Chronic Musculoskeletal Pain in the Elderly: Dilemmas and Remedies <http://cdn.intechopen.com/pdfs-wm/40386.pdf>

This chapter explores the prevalence of pain in older adults, chronic musculoskeletal pain, the consequences of chronic musculoskeletal pain, challenges in pain management, pharmacotherapies, non-pharmacological approaches, alternative and complementary approaches and exercise. (OPEN ACCESS)

### Non-Surgical Treatment of Osteoarthritis-Related Pain in the Elderly

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261252/>

The author suggests that a number of non-pharmacological approaches to the treatment of Osteoarthritis related pain in the elderly are underused and offer attractive options to avoid poly-pharmacy in older patients. (OPEN ACCESS)

### Osteomyelitis in Elderly Patients <https://academic.oup.com/cid/article/35/3/287/409096>

This article points out that some elderly persons develop osteomyelitis following total hip or knee replacements. Those with rheumatoid arthritis are more susceptible to prosthetic joint related infections. The author provides a number of considerations in regards to the treatment of acute and chronic osteomyelitis in the elderly. (OPEN ACCESS)

### Estrogen and Bone Health in Men and Women

<https://www.sciencedirect.com/science/article/pii/S0039128X14003031?via%3Dihub>

This article discusses the role of hormones in bone metabolism and clinical trials using hormone replacement. (PAID ACCESS)

### Sarcopenia and Osteoporosis are Interrelated in Geriatric Inpatients

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6817738/>

The aim of the cross-sectional study described was to evaluate the extent of concomitance of sarcopenia and osteoporosis in geriatric inpatients and their relationship to nutritional and functional status. (OPEN ACCESS)

### Dietary Strategies for Mitigating Osteosarcopenia in Older Adults: A Narrative Review <https://link.springer.com/article/10.1007%2Fs40520-019-01130-9>

This review summarized the available literature on the influence of protein intake and supplementation on the decline of musculoskeletal integrity in healthy older adults. (PAID ACCESS)