

## Osteoporosis / Metabolic Bone Disease

- Idiopathic osteoporosis
- Corticosteroid bone disease
- Osteomalacia
- Paget's disease
- Osteogenesis Imperfecta
- Other metabolic bone diseases – generally renal bone disease is managed by the renal unit

### Information Required

- Presence of Red Flags
- Duration of symptoms
- Associated symptoms
- Co-morbidities
- Previous fractures, particularly if low impact
- Drug therapy including current and prior glucocorticoids, HRT and osteoporosis therapy

### Investigations Required

- EUC, renal function, Ca, ALP, LFT, TFT
- 25 OH vit D
- DEXA
- Relevant plain X-rays
- Serum testosterone 0800-0900 in males
- Fasting Serum crosslaps
- Coeliac screen
- Plasma electrophoresis

### Fax Referrals to






GP Plus Marion

7425 8687

GP Plus Noarlunga

8164 9199

### Red Flags

-  Frequent fractures
-  Suspicion of underlying malignancy
-  Hypercalcaemia (serum Ca >2.8 mmol/L)
-  Z score < -2.0
-  Severe bone pain or progressive deformity

### Suggested GP Management

- Refer urgently or speak to on-call registrar if red flags present – otherwise referral is generally non-urgent
- Optimize calcium and vitamin D status
- Use a fracture risk calculator (FRAX or Garvan) to help guide the need for specific drug therapy
- If Z score is <-2.0 investigation for secondary cause of osteoporosis is indicated

### Clinical Resources

- Fracture Risk Assessment Tool (FRAX)  
<http://www.shef.ac.uk/FRAX/tool.jsp?locationValue=9>
- Garvan Fracture Risk Calculator  
<http://www.garvan.org.au/bone-fracture-risk>
- Calcium and Bone Health- Position Statement for ANZBMS, Osteoporosis Australia and ESA  
[http://www.anzbms.org.au/downloads/ANZBMS\\_Calcium\\_Position\\_Paper\\_2007.pdf](http://www.anzbms.org.au/downloads/ANZBMS_Calcium_Position_Paper_2007.pdf)

General Information to assist with referrals and the and Referral templates for SALHN are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients) and SAFKI Medicare Local website [www.safkim.com.au](http://www.safkim.com.au)

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