

**INDICATIONS FOR BONE MINERAL DENSITY**

Major Risk Factors Younger adults - Less than age 50	Major Risk Factors Older adults - Greater or equal to age 50	Physical Exam Indications	<b>FOLLOW UP BMD TESTING</b>
<ul style="list-style-type: none"> <li>€ Fragility fracture (Low Trauma Fracture) of spine, hip, wrist, humerus, pelvis, leg or other areas</li> </ul>	<ul style="list-style-type: none"> <li>€ Age ≥ 65 yr (both women and men - no risk factors present, only age)</li> <li>€ Fragility fracture after age 40 (Low Trauma Fracture) of spine, hip, wrist, humerus, pelvis, leg or other areas</li> <li>€ Parental Hip Fracture</li> <li>€ Propensity to falls</li> </ul>	<ul style="list-style-type: none"> <li>€ Height Loss 2 cm - may indicate spinal fractures</li> <li>€ Weight loss &gt;10% of body weight since age 25 or low body weight &lt;60kg</li> <li>€ “Get up &amp; Go” - Without using arm rest - if unable to do so, then risk for fracture</li> </ul>	<p><b>HIGH RISK: Ohip covers BMD test every 12 months</b> Who is High Risk?</p> <ul style="list-style-type: none"> <li>▪ Osteoporosis or Osteopenia on any previous BMD reading</li> <li>▪ Decrease of 1% by previous BMD reading</li> <li>▪ Patient at risk for accelerated bone loss</li> </ul>
<ul style="list-style-type: none"> <li>€ Prolonged use of glucocorticoids</li> <li>€ Hypogonadism</li> <li>€ Premature Menopause &lt; age 45</li> <li>€ Amenorrhea/Menstrual Irregularities</li> </ul>	<ul style="list-style-type: none"> <li>€ Prolonged use of glucocorticoids</li> <li>€ Hypogonadism</li> <li>€ Premature Menopause &lt; age 45</li> </ul>	<ul style="list-style-type: none"> <li>€ Balance/Gait Problems</li> <li>€ Vision Problems</li> </ul>	
<ul style="list-style-type: none"> <li>€ High-risk medications use: prolonged glucocorticoid use, aromatase inhibitors for breast cancer, androgen deprivation therapy for prostate cancer, thyroid hormones, chronic anticonvulsant or heparin therapy, immunosuppressive meds</li> </ul>	<ul style="list-style-type: none"> <li>€ High-risk medications use: prolonged glucocorticoid use, aromatase inhibitors for breast cancer, androgen deprivation therapy for prostate cancer, thyroid hormones, chronic anticonvulsant or heparin therapy, immunosuppressive meds</li> </ul>	<ul style="list-style-type: none"> <li>€ Sedentary Lifestyle/ Immobilization</li> </ul>	<p>€</p>
<ul style="list-style-type: none"> <li>€ Conditions associated with rapid bone loss and/or fracture: Celiac’s disease, Crohn’s disease, Diabetes, malignancy, MS, chronic kidney, liver, lung &amp; GI disorders, thalassemia, excessive weight loss or dieting, eating disorders i.e. anorexia/bulimia</li> </ul>	<ul style="list-style-type: none"> <li>€ Conditions associated with osteoporosis: Primary hyperparathyroidism, type 1 diabetes, Celiac’s disease, Crohn’s disease, Lupus, diabetes, malignancy, Cushing’s Syndrome, MS, Hyperthyroidism, chronic kidney, liver, lung &amp; GI disorders, Thalassemia, chronic malnutrition or malsorption, osteogenesis imperfecta</li> </ul>	<ul style="list-style-type: none"> <li>Other risk factors to consider</li> <li>€ Family History</li> <li>€ Low Calcium &amp; Vitamin D intake</li> <li>€ Excessive caffeine &gt; 4 cups</li> </ul>	
<ul style="list-style-type: none"> <li>€ Primary hyperparathyroidism</li> </ul>	<ul style="list-style-type: none"> <li>€ Vertebral fracture or Osteopenia identified on x-ray</li> </ul>		
<ul style="list-style-type: none"> <li>€ Malabsorption syndrome</li> </ul>	<ul style="list-style-type: none"> <li>€ Current smoking</li> </ul>		
<ul style="list-style-type: none"> <li>€ High alcohol intake</li> </ul>	<ul style="list-style-type: none"> <li>€ High alcohol intake</li> </ul>		
<ul style="list-style-type: none"> <li>€ Low body weight (&lt; 60 kg) or major weight loss (&gt; 10% of body weight at age 25 yr</li> </ul>	<ul style="list-style-type: none"> <li>€ Low body weight (&lt; 60 kg) or major weight loss (&gt; 10% of body weight at age 25 yr</li> </ul>		
<ul style="list-style-type: none"> <li>€ Chronic inflammatory conditions: rheumatoid arthritis, asthma, lupus</li> </ul>	<ul style="list-style-type: none"> <li>€ Rheumatoid arthritis</li> </ul>		