

OSTEOPOROSIS: RECOMMENDATIONS FOR DIAGNOSIS AND TREATMENT

Portuguese Society of Rheumatology and Portuguese Society of Metabolic Bone Disease. Tavares V, Cannon H, Gomes JAM, Simões E, et al. Recommendations for osteoporosis diagnosis and treatment. *Acta Reum Port* 2007 Jan-Mar; 32 (1): 49-59.

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Osteoporosis is a health problem encountered with increasing frequency in Family Medicine and the Family Doctor (FD) must make relevant preventive and therapeutic decisions. The aging of the population and changing life styles, especially in urban areas, are the main causes.

This article presents recommendations for the diagnosis and treatment of post-menopausal and male osteoporosis from the Portuguese Society of Rheumatology and the Portuguese Society of Metabolic Bone Disease, resulting from the efforts of a consensus committee composed of rheumatologists and patient associations.

A review of articles published on the theme in the last ten years was performed, looking for randomized controlled trials, meta-analyses and evidence-based guidelines. Results were discussed in workshops, and presented in two major national rheumatology meetings, were the final version was produced.

Those recommendations were intended to promote validated clinical practices, efficient use of available diagnostic and therapeutic resources, and a reduction in the risk and in the frequency of osteoporotic fractures.

The text discusses the following concepts clearly: the definition of osteoporosis, diagnostic criteria, and aspects to consider in clinical assessment including the detection of risk factors and the identification of patients at higher risk of fracture.

Regarding additional investigations, the authors stress the importance of its rational use, discussing the use of dorso-lumbar vertebral radiography, the indications for double energy x-ray absorptiometry (DEXA) in measurement of bone mineral density (BMD), its interpretation and the frequency of its use in therapeutic monitoring. Preventive and therapeutic measures, as well as some criteria for starting pharmacologic treatment are presented, including a comparison of the several available drugs for post-menopausal and male osteoporosis, on the basis of their efficacy in fracture prevention.

The clinical follow-up and monitoring of those patients are also presented, including the rare situations in which some additional investigations may be indicated.

The text is illustrated with useful pictures.

This is obligatory reading in order to obtain a basic orientation to clinical practice and preventive measures for osteoporosis.

These recommendations are recommended!

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