Medical therapy for osteoporosis – what and when

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1. Which of the considerations below are important first steps in the prevention and treatment of osteoporosis?

- ☐ **A** Exercise
- ☐ **B** Prevention of falls
- ☐ **C** Diet containing sufficient protein, vitamin D and calcium
- ☐ **D** All of the above
- ☐ **E** A and C
- ☐ **F** B and C

2. Which statement is incorrect? Consider treatment if:

- ☐ **A** The DXA T-score is ≤-2.5 at either the spine or the hip
- ☐ **B** The patient has suffered a fragility fracture, but only if BMD is low
- ☐ **C** If the patient has low BMD with additional risk factors for fracture

3. Which statement is incorrect? The FRAX model:

- ☐ **A** Is a standardised tool that is not variable according to country
- ☐ **B** Is based on the combination of the DXA-determined BMD as well as numerous risk factors
- ☐ **C** Predicts a 10-year probability for any major osteoporotic fracture

4. Which statement is correct? MHT:

- ☐ **A** Is an anabolic agent that can treat the at-risk osteoporosis patient
- ☐ **B** Is very effective at preventing vertebral and hip fractures if given during the window of opportunity
- ☐ **C** Is not effective in patients just with osteopenia

5. Which statement is incorrect? Bisphosphonates:

- ☐ **A** Stimulate the mevalonic acid pathway that powers the osteoclasts
- ☐ **B** Are recommended by NOFSA as first-line treatment for osteoporosis, even prior to MHT
- ☐ **C** Are very quickly cleared from the blood with 50% processed through the kidney and 50% adhering to bone

6. Which of these bisphosphonates is administered as an annual IV infusion?

- ☐ **A** Alendronate
- ☐ **B** Ibandronate
- ☐ **C** Zoledronic acid

7. Which statement is incorrect? In terms of the side effects of bisphosphonates:

- ☐ **A** Osteonecrosis of the jaw is rare, with most risk when exceeding recommended dosages
- ☐ **B** Bisphosphonate therapy for longer than 18-24 months increases the risk for atypical femur fracture
- ☐ **C** For every 200 hip fractures prevented, there will be one atypical femur fracture consequent on bisphosphonate therapy

8. Denosumab is not secreted by the kidneys and is a drug of choice for the patient with impaired kidney function:

- ☐ **A** True
- ☐ **B** False

9. Which of these osteoporosis treatments is a selective oestrogen receptor modulator?

- ☐ **A** Denosumab
- ☐ **B** Raloxifene
- ☐ **C** Teriparatide

10. Teriparatide should be reserved for patients over the age of 65 years with a T-score <-2 and ≥2 fragility fractures, or multiple fractures in an uninterpretable DXA, and considered in those who have failed treatment with bone active agents:

- ☐ **A** True
- ☐ **B** False

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