Premenopausal osteoporosis

A guide to assessment and treatment

Complete, scan and email to **cpd@denovomedica.com**. Alternatively, you can complete this questionnaire online at **www.denovomedica.com**. Fill in your details using **clear block letters** and mark the answers with a tick (✔).

I agree that my CPD-accredited certificate will be forwarded to my e-mail address. _____
(Online)

(Signature of healthcare professional)

First Name		Profession	
Surname		Telephone	
HPC No.		City	
E-mail			

1. With every SD decline in DXA-BMD, fracture risk is:

☐ **A** Increased 1.5-fold
☐ **B** Doubled
☐ **C** Tripled

2. Which statement is incorrect? In otherwise healthy premenopausal women:

☐ **A** Under normal physiological conditions, BMD is expected to remain in a steady state
☐ **B** The predictive relationship between BMD and fracture risk is well established
☐ **C** The ISCD recommends that the extent of the bone loss must be defined by making use of Z-scores only

3. The ISCD defines a premenopausal woman as having a low bone mass if their BMD Z-score is ____ SD below an appropriately matched reference population value:

☐ **A** <-2.0
☐ **B** <-2.2
☐ **C** <-2.5

4. The physiological conditions of pregnancy and lactation are known to impact on BMD measurements:

☐ **A** True
☐ **B** False

5. A suboptimal attainment of peak bone mass is suggested by:

☐ **A** A strong family history of osteoporosis
☐ **B** Skeletal adversity associated with a known childhood disorder
☐ **C** Absence of any secondary cause of low bone mass
☐ **D** Stable bone mass upon serial measurement
☐ **E** All of the above
☐ **F** A, B and C only

6. Which statement is incorrect? Biochemical bone markers:

☐ **A** Should be used as an indication for performing a DXA scan
☐ **B** Should not be used as an indication for bone-specific therapy
☐ **C** Show significant inter-assay, intra-individual and biological variation

7. Which of these factors is the commonest cause of secondary osteoporosis?

☐ **A** Hypogonadism
☐ **B** Hyperparathyroidism
☐ **C** Hormonal contraception
☐ **D** Anorexia nervosa
☐ **E** Excessive glucocorticoid use
☐ **F** Ethnicity

8. In premenopausal women, which of these clinical scenarios are indications of suboptimal bone health?

☐ **A** Low bone mass with known secondary cause
☐ **B** Idiopathic low bone mass
☐ **C** Secondary osteoporosis
☐ **D** Idiopathic osteoporosis
☐ **E** All of the above
☐ **F** A, C and D only

9. Which option is correct? Bone-specific therapy should be reserved for premenopausal women at high short-term risk of fracture, defined as:

☐ **A** The presence of a major fragility fracture
☐ **B** DXA-confirmed low BMD with ongoing bone loss
☐ **C** A and B

10. Which of these bone-specific therapies is FDA-approved for use in the premenopausal woman with glucocorticoid-induced osteoporosis?

☐ **A** Bisphosphonates
☐ **B** Teriparatide
☐ **C** Denosumab
☐ **D** All of the above
☐ **E** A and B only
☐ **F** A and C only