Underdiagnosis and Undertreatment of Osteoporosis

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Osteoporosis

- 55% of the US population over 50 years
- 44 million US women and men
- 17 billions direct medical cost per year
Risk factors

- Age
- Gender
- Family history
- Race
- Small body size
- Early menopause
- Cigarette, alcohol, no exercise
- Steroids, anticonvulsant, methotrexate, cyclosporin, heparin
Purpose

Study the recognition and treatment of patients with severe osteoporosis
Patients

- 40 patients referred for vertebroplasty
- Age 46-93 years; mean 76 years
- 19 men and 21 women
- Acute compression fractures by MRI and physical assessment
Methods

• Review of medical history and chart
  – Medication
    • Fosamax; bisphosphonate/alendronate
  – Bone densitometry
  – Regularly seen by PCP
Results

• All 40 patients had been seen regularly by their family doctor
• 39 patients with severe osteoporosis were not diagnosed or treated
• 1 patient DEXA scan
• 1 patient treated for osteoporosis
Conclusion

- Osteoporosis is which is typically Underdiagnosed
- Undertreated
- Despite availability of preventive drugs

What can we do?
Prevention

- Calcium
- Vitamin D
- Exercise
- Bone mineral density test - DEXA
- Medication to prevent resorption of bone
  - Biphosphonate (alendronate and risendronate)
  - Calcitonin
  - Estrogen replacement
- Medication to increase bone formation
  - Parathyroid hormone
  - Teriparatide (parathyroid hormone analog)
Thank you