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EM ORIGINAL

Guidelines for the management of osteoporosis and fragility fractures

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Abstract

Keywords

Inter-Society Commission for Osteoporosis

Definition

Primary osteoporosis

osteogenesis imperfecta,

1 3

Table 1 [illegible]

[illegible]

[illegible] 60 [illegible]:

1. [illegible]
2. [illegible] (B[illegible] < 19 [illegible]/[illegible]^{2})
3. [illegible] (< 1200 [illegible]/[illegible])
4. [illegible] > 20 [illegible]/[illegible]
5. [illegible] (> 60 [illegible]/[illegible]).

[illegible] *T*-[illegible] < −2.5 [illegible] [1–4].

Secondary osteoporosis

[illegible] (Table 1).

[illegible]

(a) *Glucocorticoid-induced osteoporosis* [illegible] 6–12 [illegible] 30–50% [illegible] > 800 [illegible]

(b) *Organ transplant osteoporosis* [illegible] 10–15% [illegible]

[illegible]

(c) *Drug osteoporosis* [illegible]

Epidemiological remarks

[illegible]

Risk factors

( ) *Age*

( ) *Family history of fragility fractures*

( ) *Previous fractures*

( ) *BMD*

( ) *Smoking*

( ) *Immobility*

( ) *Comorbidities*

( ) *Risk factors for falls*

Overall assessment of fracture risk

Diagnosis

Diagnostic imaging

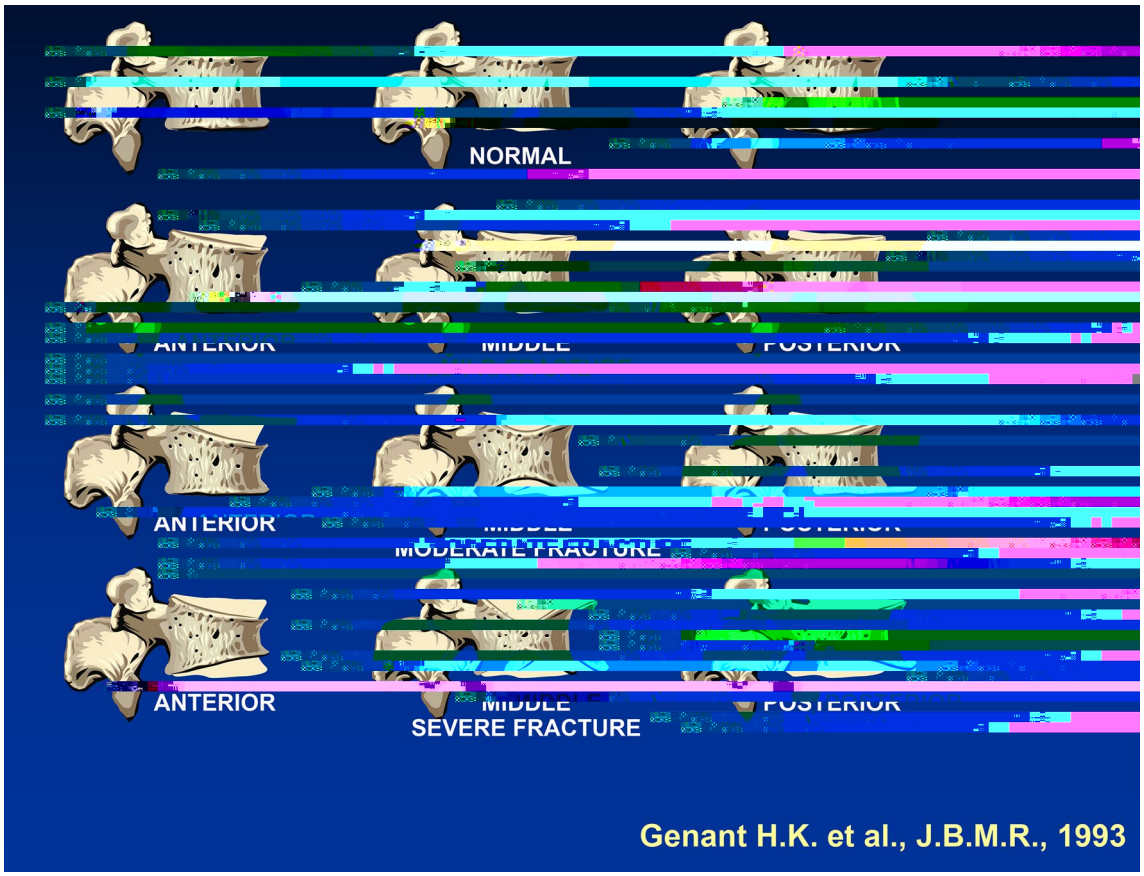

Fig. 1

Table 2

[illegible]	[illegible]

1 3

Laboratory diagnosis

Bone turnover markers

Genetic evaluation

Non-pharmacological measures for osteoporosis prevention and treatment

Table 3

Nutritional approach

Calcium

Vitamin D

Table 4 25 ( ) D

< 25	< 10	
25 50	10 20	D
50 75	20 30	
75 125	30 50	
125 375	50 150	
> 375	> 150	

1. A ;
2. A ;
3. (500 500) 37 44.

(< 4000 /) 25 ( ) D 25 ( ) D 3 6) 25 ( ) D 30 50 / (75 125 /),

Vitamin D supplementation

D 25 ( ) D. 1 ( ) D D

100,000 25 ( ) D, D_3 D_2 D 25 ( ) D, 50,000 2 3 2,000 A D (1), D,

25 ( ) D_3, 25 ( ) D, 25- (., 25-), ; ( ) 1-25 ( ) $_2D_3$ 1 (., 1 1- D. 1 25 ( ) D3 45 54.

Other nutrients

A (1.0 1.2 / / 20 25 ( ) - B6, B12

Physical activity

:

1. [illegible]
2. [illegible]

[illegible]

Prevention of falls

[illegible]

Integrated approaches for secondary prevention of fractures

[illegible]

Drug intervention

Pharmacological thresholds

[illegible]

[illegible]

Anti-osteoporotic drugs

[illegible]

Anti-catabolic drugs

Bisphosphonates [illegible]

[illegible]

osteogenesis imperfecta, [illegible]

[illegible]

Duration of bisphosphonate therapy

Denosumab

Hormone replacement therapy (HRT)

Selective oestrogen receptor modulators (SERMs)

[illegible] 23, 71–91].

Anabolic drugs

Teriparatide [illegible] 1–34 [illegible], [illegible] 12 [illegible] B, D [illegible] B [illegible] 10%, [illegible] B, D [illegible] 18 [illegible]. [illegible] (20 µg/[illegible]) [illegible] 24 [illegible]. D[illegible] ([illegible])[illegible].

Dual-action drugs

Strontium ranelate [illegible] 50% [illegible].

[illegible] D [illegible] (D[illegible])[illegible] [92–94].

Kyphoplasty and vertebroplasty

[illegible] 1–3 [illegible] fi[illegible]. [illegible] [23, 95, 96].

Compliance with ethical standards

Conflict of interest [illegible].

Statement of human and animal rights

Informed consent

Funding

Open Access

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