

Table 2

Approaches to management of osteoporosis

- Identify and treat co-existing diseases where possible
- Identify drug treatments that increase risk and modify if possible
- Advise patients to stop smoking and reduce alcohol intake if appropriate
- Advise patients to maintain BMI > 19
- Patients should ensure that they have adequate dietary calcium and vitamin D intake
- Evaluate fall risk and modify risk factors for falls where possible
- Commence anti-osteoporosis drug treatment where appropriate