

# European Guidance for the diagnosis and management of osteoporosis in postmenopausal women

March 21 2013

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A new Guidance recently published by the European Society for Clinical and Economic Aspects of Osteoporosis (ESCEO) and the International Osteoporosis Foundation (IOF) reflects the most current advances in the diagnosis and management of osteoporosis, the 'silent disease' which affects up to one in two postmenopausal women.

"The serious impact of fragility fractures due to [osteoporosis](#) is vastly underestimated by many [health care professionals](#)," stated ESCEO President Professor Jean-Yves Reginster.

"Statistics clearly show that fragility fractures in [older adults](#) can result in early death or lead to long-term disability, diminished quality of life and loss of physical independence. Nevertheless, diagnosis and treatment rates are appallingly low, even among those patients who have already suffered a fracture. Barely 20% of these clearly '[high risk](#)' patients receive treatment to prevent future fractures," he said.

The 2013 European Guidance for the Diagnosis & Management of Osteoporosis in [Postmenopausal Women](#), published in *Osteoporosis International*, is an update of the ESCEO Guidance published in 2008. The new report reflects the significant advances in the field over the past five years, including the development of new techniques for measuring bone mineral density, improved methods of assessing fracture risk and new treatments that significantly reduce the risk of fractures.

The Guidance highlights the following:

- Statistics related to cost and prevalence, morbidity and mortality in Europe
- Diagnostic guidelines and risk factors
- Management algorithm for the assessment of fracture risk with FRAX
- Intervention thresholds
- Assessment of fracture risk with limited or unlimited access to BMD using DXA
- General management regarding mobility and falls
- Nutrition recommendations
- Diagnostic work-up of patients with osteoporosis
- Anti-fracture efficacy of major interventions for postmenopausal osteoporosis

IOF President John Kanis commented, "Although this new Guidance is written from a European regional perspective, we hope that it will help inform the development or revision of guidelines at the national level, both in Europe and around the world. Given the serious impact of fractures on women's health worldwide, it is essential that clinicians are sensitized to the need for early diagnosis and treatment and are able to implement the latest strategies for the benefit of their patients."

**More information:** JA Kanis, EV McCloskey, H Johansson, C Cooper, R Rizzoli, J-Y Reginster (2013). European Guidance for the Diagnosis & Management of Osteoporosis in Postmenopausal Women. *Osteoporosis Int* 24: 23-57. Open Access at [link.springer.com/article/10.1007/s00198-012-2074-y](http://link.springer.com/article/10.1007/s00198-012-2074-y)

A special session on April 19, 2013 at the European Congress on Osteoporosis and Osteoarthritis (ESCEO13-IOF) in Rome, Italy will

highlight specific topics presented in the European Guidance, allowing for discussion with key experts. Further information is available at [www.ecceo13-iof.org](http://www.ecceo13-iof.org)

The European Guidance is freely available online on the Springer Publisher website at [link.springer.com/article/10.1007/s00198-012-2074-y](http://link.springer.com/article/10.1007/s00198-012-2074-y)

A teaching slide-kit can be downloaded from the IOF website at [www.iofbonehealth.org/european...postmenopausal-women](http://www.iofbonehealth.org/european...postmenopausal-women) or the ESCEO website at [www.esceo.org/publications/ESC...e-Slide Kit-2013.ppt](http://www.esceo.org/publications/ESC...e-Slide Kit-2013.ppt)

Provided by International Osteoporosis Foundation

Citation: European Guidance for the diagnosis and management of osteoporosis in postmenopausal women (2013, March 21) retrieved 25 April 2024 from <https://medicalxpress.com/news/2013-03-european-guidance-diagnosis-osteoporosis-postmenopausal.html>

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