

# QUICK REFERENCE GUIDE

## Clinical Practice Guideline for Management of Osteoporosis and Fracture Prevention in Canada: 2023 Update

This guide has been developed to provide healthcare professionals with a quick-reference summary of the key recommendations from the **Clinical Practice Guideline for Management of Osteoporosis and Fracture Prevention in Canada: 2023 Update**. Consult the full guideline document at [osteoporosis.ca/cpg](https://osteoporosis.ca/cpg)

### Exercise and Nutrition Recommendations

**Exercise:** Balance, functional training and progressive resistance training  $\geq$  twice weekly to reduce the risk of falls and maintain, or improve physical functioning, quality of life and bone strength.

**Calcium:** Suggest eating calcium rich foods to meet the recommended dietary allowance for calcium (Females  $>50$ : 1200 mg/day; males 50 - 70: 1000 mg/day; males  $>70$ : 1200 mg day.)

**Vitamin D:** Suggest minimum 400 IU supplement daily along with consuming vitamin D rich foods to meet the recommended dietary allowance for vitamin D 600 IU/d (age 51–70 yr) and 800 IU/d (age  $> 70$  yr) for males and females.

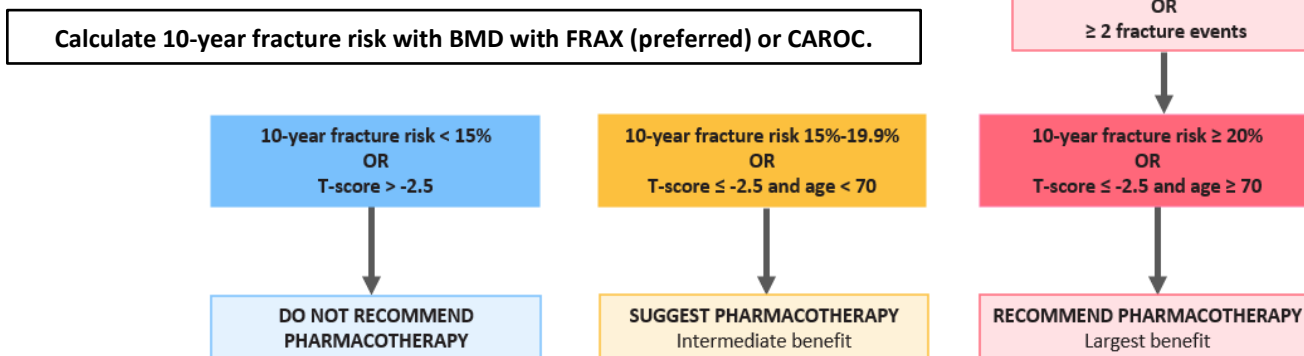
## Recommendations for Clinical Assessment

Assessment	Recommended Elements
History	<ul style="list-style-type: none"> <li>Identify risk factors for low BMD, fractures and falls:                             <b>Risk factors</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Previous fragility fracture, after age 40</li> <li><input type="checkbox"/> Glucocorticoids (<math>&gt; 3</math> months in the last year, prednisone dose <math>&gt; 5</math>mg daily)<sup>1</sup></li> <li><input type="checkbox"/> Falls, <math>\geq 2</math> in the last year</li> <li><input type="checkbox"/> Parent fractured hip</li> <li><input type="checkbox"/> Body Mass Index <math>&lt; 20</math> kg/m<sup>2</sup></li> <li><input type="checkbox"/> Secondary osteoporosis<sup>1</sup></li> <li><input type="checkbox"/> Current smoking</li> <li><input type="checkbox"/> Alcohol <math>\geq 3</math> drinks/day</li> </ul> </li> </ul>
Physical Exam	<ul style="list-style-type: none"> <li>Prospective height loss <math>&gt; 2</math> cm or historical <math>&gt; 6</math> cm</li> <li>Rib to pelvis distance <math>\leq 2</math> finger-breadths</li> <li>Occiput to wall distance <math>&gt; 5</math> cm</li> <li>Assessment of falls risk: <a href="https://worldfallguidelines.com/algorithm">https://worldfallguidelines.com/algorithm</a></li> </ul>

### Indications for BMD Testing

- Screening BMD starts **at age 70** if no risk factors
- **Age 65-69 yrs** with 1 risk factor
- **Age 50-64 yrs** with prior fracture or  $\geq 2$  risk factors

### Indications for Pharmacotherapy<sup>+++</sup>



<sup>1</sup> Conditions known to cause secondary osteoporosis (Appendix 1, supplemental Table 5); consider referral to specialists with expertise for co-management

<sup>+++</sup>To view the full Algorithm and other tools visit [osteoporosis.ca/cpg](https://osteoporosis.ca/cpg)

## Pharmacotherapy to Prevent Fractures

