

Recommendations for Clinical Assessment

Assessment	Recommended Elements
History	<p>Identify risk factors for low bone mineral density (BMD), fractures and falls:</p> <p>Risk factors</p> <ul style="list-style-type: none"> ○ Previous fragility fracture, after age 40 ○ Glucocorticoids(> 3 months in the last year, prednisone dose > 5mg daily) ○ Falls, > 2 in the past year ○ Parent fractured hip ○ Body Mass Index < 20 kg per m² ○ Secondary osteoporosis ○ Current smoking ○ Alcohol > 3 drinks per day
Physical Exam	<ul style="list-style-type: none"> ● Prospective height loss > 2 cm or historical > 6 cm ● Rib to pelvis distance < 2 finger-breadths ● Occiput to wall distance > 5 cm ● Assessment of falls risk: https://www.worldfallsguidelines.com/algorithm

Indications for BMD Testing

- Screening BMD start **at age 70** if no risk factors
- **Age 65 – 69** years with 1 risk factor
- **Age 50 – 64** years with prior fracture or > 2 risk factor