

Ideal Person with Osteoporosis

Know you goals

Exercise Frequency
Your ideal weight

Goal

5 days a week
_____ lbs.

Lifestyle Modifications

- Exercise at least 30 minutes for at least 5 days a week.
- Achieve your ideal body weight. Yours is _____ lbs.
- Stop smoking
- Sleep for at least 8 uninterrupted hours a day
- Improve flexibility through stretching or yoga
- Take your calcium and vitamin D

Routine Laboratory Testing

- Determine your risk of fractures by using the Frax Calculator to decide whether medication is needed.
 - www.shef.ac.uk/FRAX
 - If your 10 year probability of hip fracture is 3% or greater or your risk of major fracture is 20% or greater, consider starting medication therapy
- Bone Mineral Density Testing (DEXA) every 2 years
- Kidney function tests and calcium level prior to starting osteoporosis medications
- Calcium, Magnesium, Phosphorous blood tests every year if on Reclast
- Dental exam every 6 months

Medications (checked if prescribed)

Dose

- Calcium Supplementation:
 - Calcium Carbonate 500mg twice daily
 - Calcium Carbonate 500mg three times daily
 - Calcium Citrate 500mg twice daily
 - Calcium Citrate 500mg three times a day
 - Calcium citrate is necessary for people on heartburn medications because it does not require stomach acid to absorb the calcium
 - We recommend OsCal D for calcium carbonate/vitamin D combination pill, and Nature's Way Calcium Citrate.
 - 1000mg daily for people less than 50, and 1500mg daily for people over 50
 - Calcium is best taken with acidic drinks with Vitamin C, such as orange juice
- Vitamin D 800 IU daily
- Bisphosphonates
 - Alendronate (Fosamax) 10mg by mouth daily
 - Alendronate (Fosamax) 70mg by mouth every week
 - Risedronate (Actonel) 35 by mouth every week
 - Ibandronate (Boniva) 150mg by mouth every month
- Hormone Replacement Therapy _____
- Calcitonin (Miacalcin) 100 units subcutaneously daily
- Raloxifene (Evista) 60mg by mouth daily
- Teriparatide (Forteo) 20mcg subcutaneously daily
- Zoledronia Acid (Reclast) 5mg IV every year