

National Osteoporosis Guideline Group (NOGG)

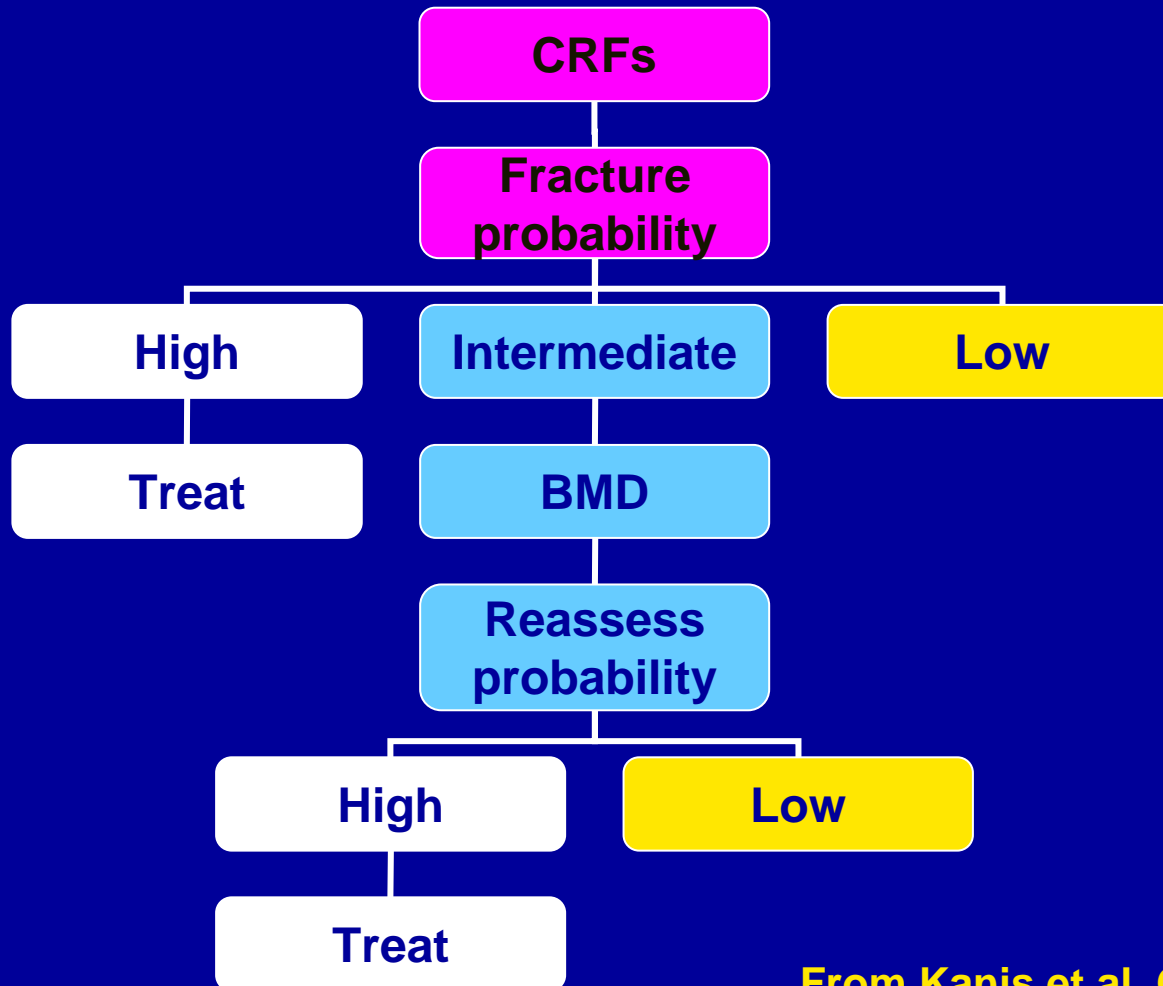
Clinical guideline for prevention and treatment

www.shef.ac.uk/NOGG



Case finding strategy

National Osteoporosis Guideline Group 2008



From Kanis et al, OI (in press)²

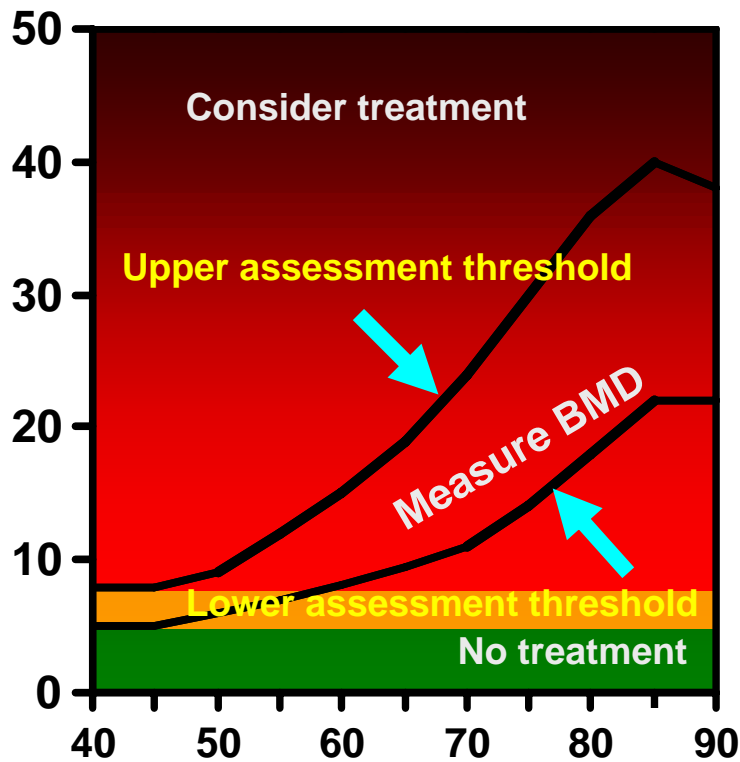
Reducing the care gap: management guidelines

- **Two new guidelines recently published which incorporate FRAX[®]: ESCEO European Guideline and UK national guideline (NOG)**
- **Both are underpinned by health economic analysis**
- **Both are designed for use in primary care**
- **Both can be adapted to meet country-specific needs**

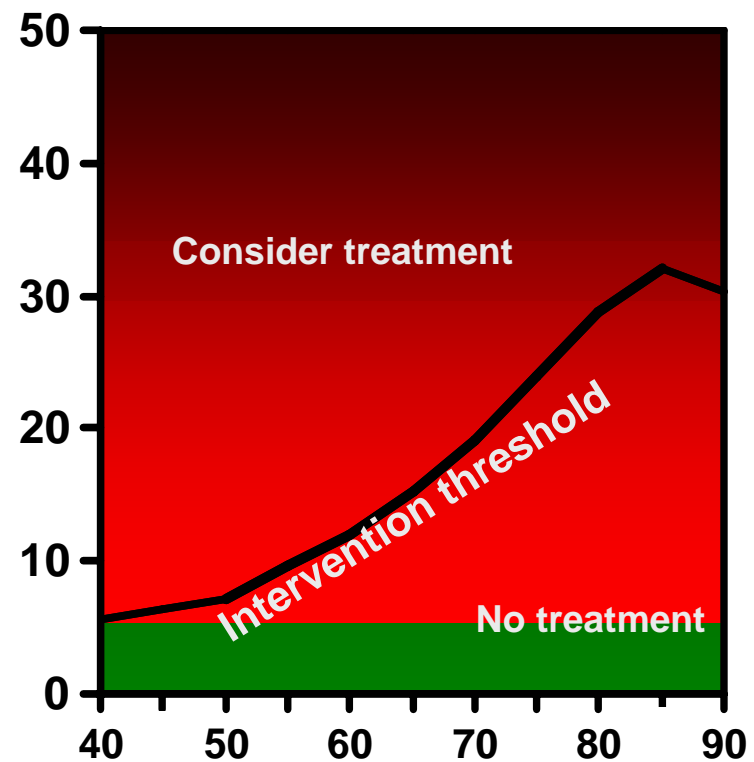
Management charts for osteoporosis

From Kanis et al, OI (in press)

10 year probability of a major osteoporotic fracture (%)



Age (years)



Age (years)

Assessment without BMD

From Kanis et al, OI (in press)

Men with or without previous fracture Women with no previous fracture

Age 50

Number of CRFs	BMI										
	15	20	25	30	35		15	20	25	30	35
1	4.5	4.3	4.3	3.7	3.3		6.3	5.7	5.4	4.7	4.1
2	7.1	6.7	6.5	5.7	4.9		9.9	8.8	8.2	7.2	6.3
3	11	10	9.7	8.5	7.4		15	13	12	11	9.5



Age 60

	15	20	25	30	35		15	20	25	30	35
1	6.5	6.1	6.0	5.2	4.5		12	10	9.3	8.1	7.0
2	10	9.3	8.9	7.7	6.7		18	15	14	12	11
3	15	14	13	11	9.9		27	23	20	18	16

Age 70

	15	20	25	30	35		15	20	25	30	35
1	9.0	8.5	8.2	6.9	5.9		21	18	16	14	12
2	13	12	12	9.9	8.4		31	26	23	20	17
3	20	18	17	14	12		44	37	32	28	24

Age 80

	15	20	25	30	35		15	20	25	30	35
1	12	11	11	8.7	7.1		32	28	25	21	18
2	19	17	16	13	10		44	40	35	30	25
3	27	25	23	19	15		56	52	47	41	35

Assessment with BMD

From Kanis et al, OI (in press)

Men with or without previous fracture

Women with no previous fracture

Age 50

Number
of CRFs

BMD

	-4	-3	-2	-1	0		-4	-3	-2	-1	0
1	30	14	7.5	5.1	4.0		26	13	7.6	5.5	4.8
2	43	20	11	7.5	5.9		37	19	11	8.1	7.0
3	57	29	16	11	8.4		51	27	16	12	10



Age 60

	-4	-3	-2	-1	0		-4	-3	-2	-1	0
1	31	16	9.6	6.4	5.0		32	18	11	8.0	6.8
2	41	23	14	9.2	7.1		44	25	16	12	9.8
3	53	31	19	13	10		58	35	23	16	14

Age 70

	-4	-3	-2	-1	0		-4	-3	-2	-1	0
1	28	17	11	7.2	5.6		41	25	15	11	8.9
2	37	24	15	9.9	7.5		54	34	21	15	12
3	48	32	20	13	10		67	45	29	20	16

Age 80

	-4	-3	-2	-1	0		-4	-3	-2	-1	0
1	23	16	10	7.0	5.3		45	29	19	13	9.6
2	32	22	15	10	7.3		57	40	26	18	13
3	42	31	21	14	10		67	51	35	25	17

UK National Osteoporosis Guideline: main recommendations (1)

- **Women with a prior fragility fracture should be considered for treatment.**
- **Men with a prior fragility fracture should be referred for BMD**
- **Fracture risk assessment using FRAX[®] should be considered in men aged 50 years or more and all postmenopausal women with a WHO risk factor or a BMI < 19kg/m²**
- **Treatment should be considered in those with a major fracture probability above the intervention threshold**

UK National Osteoporosis Guideline: main recommendations (2)

- **Generic alendronate is the first line treatment option in the majority of cases**
- **In individuals unable to tolerate alendronate or in whom it is contraindicated, other bisphosphonates, strontium ranelate or raloxifene may provide appropriate options**
- **The use of parathyroid hormone peptides is generally restricted to those at very high risk, particularly for vertebral fractures**