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### Current treatment guidelines for osteoporosis

Osteoporosis, a metabolic bone disease is associated with progressive reduction of bone density leading to bone fragility and increased susceptibility to fractures. In the United States it affects 10 million of the population; aged 50 or greater of which 2 million are men, the incidence and prevalence is much higher in post-menopausal women.

It is an asymptomatic condition, often diagnosed after a fracture typically of the hip, spine, pelvis or wrist. It is therefore essential that high risk patient be identified early in order to commence prophylactic measures. Diagnosis of osteoporosis measures bone mineral density particularly in the hip and lumbar spine and is done via Dual-Energy X-Ray Absorptiometry (DEXA scan). Thereafter T-scores are used to assess BMD and fracture risks.

While calcium supplementation and antiresorptives remain to be the corner stone of therapy, the overall approach has evolved significantly. This includes non-pharmacological management, lifestyle modifications, hormonal therapy, Parathyroid hormone (PTH) analogues and newer emerging therapies.

This presentation reviews the current treatment guidelines and individualized therapy.

### Biography

Bimal Roy Krishna currently holds the position of Professor and Director of Pharmacology and Chair-SPC at the College of Osteopathic Medicine-Touro University Nevada. He has been Adjunct Professor of Pharmacology for Kaplan Medical for the past 12 years where he has been actively involved in Step-1 USMLE and COMLEX reviews throughout the USA and in Mexico, Caribbean, Poland, India, UAE, South America and Saudi Arabia. In addition he is an Adjunct and Visiting Professor at various other national and international institutions.

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