

Diagnostic Criteria for Osteoporosis

Bone Mineral Density (BMD) Criteria: T-score	
Normal	≥ -1
Osteopenia (low bone mass)	-1 to -2.4
Osteoporosis	≤ -2.5

Can use EITHER BMD Criteria or clinical criteria to establish diagnosis in postmenopausal women and males ≥ 50

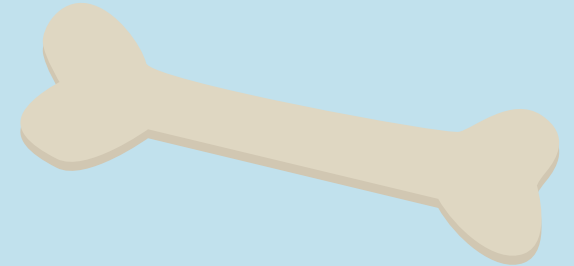
Clinical Criteria

- Hip, vertebral, and/or forearm fracture
- T-score between -1 to -2.4 AND a FRAX score of either
 - $\geq 3\%$ for hip
 - OR
 - $\geq 20\%$ for other fx (vertebral, hip, forearm, proximal humerus)

WHO SHOULD GET BONE DENSITY TESTING?

Consider testing if you are:

- Females \geq 65 years old
- Males \geq 70 years old



Consider testing if you are \geq **50**, postmenopausal, or perimenopausal, **and** any of the following apply:

- Previous fracture as an adult
- Rheumatoid arthritis
- Family history of hip fracture
- Long-term glucocorticoid use (ie steroid, prednisone)
- Current cigarette smoking
- Excess alcohol consumption
- Low body weight

