

Inside Story HIGHLIGHTS

From the Pacific Radiology Referrer Newsletter



Pacific Radiology



Osteoporosis

Osteoporosis is a common condition with an estimated 80,000 osteoporotic fractures occurring each year in New Zealand. This equates to a fracture every 6 minutes and with our ageing population is expected to increase 30% by 2020.

Although osteoporotic patients are at greatest risk for fracture, most fractures occur in osteopaenic individuals (since there are more of them). We have incorporated the WHO's Fracture Risk Assessment Tool into our reports in order to include the clinical factors that affect fracture risk in a standardised and reproducible way.

This is particularly useful in identifying osteopaenic patients who may benefit from treatment but do not meet the T score criteria for funding.

It is recognised that there is a shortfall between the number of osteoporotic patients and those being treated. In the interests of improving outcomes we are planning to send you a monthly list of patients with fractures / insufficiency fractures identified during routine radiology who:

- a. Meet the criteria for Pharmac funding of bisphosphonates.
- b. Should qualify for an MSD funded DEXA.

Web based osteoporosis resources that you may find helpful:

1. International osteoporosis foundations one minute test – can be performed by the patient or practice nurse, useful for identifying at risk patients. Printout with explanations for the patient. <http://www.iofbonehealth.org/patients-public/risk-test.html>
2. FRAX Tool – both for assessment and intervention thresholds. If you don't enter the T score then the assessment tool comes into play. <http://www.shef.ac.uk/FRAX/>
3. Osteoporosis New Zealand – Access to the Burden of Osteoporosis in New Zealand Report. Calcium counter – <http://www.bones.org.nz/>

~ **Mike Nowitz**



Mike Nowitz



Spine myeloma