Lumbar spine or femoral neck or total hip T-score of ≤ -2.5, a history of fragility fracture, or high FRAX® fracture probability*

Evaluate for causes of secondary osteoporosis

Correct calcium/vitamin D deficiency and address causes of secondary osteoporosis

- Recommend pharmacologic therapy
- Education on lifestyle measures, fall prevention, benefits and risks of medications

No prior fragility fractures or moderate fracture risk**

- Alendronate, denosumab, risedronate, zoledronic acid***
- Alternate therapy: Ibandronate, raloxifene

Reassess at least yearly for response to therapy and fracture risk

Increasing or stable BMD and no fractures

Consider a drug holiday after 5 years of oral and 3 years of IV bisphosphonate therapy

Resume therapy when a fracture occurs, BMD declines beyond LSC, BTM’s rise to pretreatment values or patient meets initial treatment criteria

Prior fragility fractures or indicators of higher fracture risk**

- Denosumab, teriparatide, zoledronic acid***
- Alternate therapy: Alendronate, risedronate

Reassess at least yearly for response to therapy and fracture risk

Progression of bone loss or recurrent fractures

- Assess compliance
- Re-evaluate for causes of secondary osteoporosis and factors leading to suboptimal response to therapy

- Switch to injectable antiresorptive if on oral agent
- Switch to teriparatide if on injectable antiresorptive or at very high risk of fracture

- If stable, continue therapy for 6 years****
- If progression of bone loss or recurrent fractures, consider switching to teriparatide

Denosumab

Sequential therapy with oral or injectable antiresorptive agent

Teriparatide for up to 2 years

Zoledronic acid

10 year major osteoporotic fracture risk ≥ 20% or hip fracture risk ≥ 3%. Non-US countries/regions may have different thresholds.

** Indicators of higher fracture risk in patients with low bone density would include advanced age, frailty, glucocorticoids, very low T scores, or increased fall risk.

*** Medications are listed alphabetically.

**** Consider a drug holiday after 6 years of IV zoledronic acid. During the holiday, another agent such as teriparatide or raloxifene could be used.

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