**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

### 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

#### 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

#### 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

### Denosumab

- **Teriparatide for up to 2 years**

- Sequential therapy with oral or injectable antiresorptive agent

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

### Zoledronic acid

- If stable, continue therapy after 5 years of oral and 3 years of IV bisphosphonate therapy

- During the holiday, another agent such as teriparatide or raloxifene could be used.

---

* 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.