

Quick Reference Guide to Drug Treatments for Secondary Prevention of Osteoporotic Fractures in Men and Postmenopausal Women (Patients with fragility fracture)

1st Treatment Choice

Alendronic acid 70mg tablet weekly (off-label dose in men) **OR** **risedronate 35mg tablet weekly OR ibandronic acid 150mg tablet monthly** (off label use in men): SPC- '*efficacy on femoral neck fractures has not been established*'

Reassess by 5 years and review in line with latest guidance (See Appendix 1)



If 1st treatment choice is contra-indicated or not tolerated consider:

Denosumab 60mg subcutaneous injection 6 monthly – See [Worcestershire Denosumab in Osteoporosis Prescribing Guidance](#)

Initiated in primary or secondary care, with on-going prescribing in primary care.

Ensure calcium and vitamin D replete. (Note - use in men is not currently supported by NICE TA, however, is approved by the Worcestershire APC).



If treatments above contra-indicated, not tolerated or fragility fracture despite adhering fully to oral bisphosphonate treatment for 1 year, please refer to osteoporosis specialist to consider:-

Teriparatide 20micrograms subcutaneous injection daily: Only if patient meets NICE TA161 criteria (Table 2 below)*. Treatment duration 2 years and once only course.

OR

Zoledronic acid 5mg IV annually: Ensure calcium and vitamin D replete. Reassess by 3 years and review in line with latest guidance (See Appendix 1).

OR

Raloxifene 60mg PO daily (postmenopausal women only): SPC – '*Significant reduction in the incidence of vertebral but not hip fractures has been demonstrated*'.

OR

Ibandronic acid 3mg IV every 3 months (off label use in men): SPC – '*Efficacy on femoral neck fractures has not been established*'.

FOR ALL PATIENTS – Add in suitable calcium and vitamin D supplement if dietary intake low, or Vitamin D alone supplement if sun exposure limited but diet calcium rich.

*Table 1 - Teriparatide Criteria (NICE TA161)

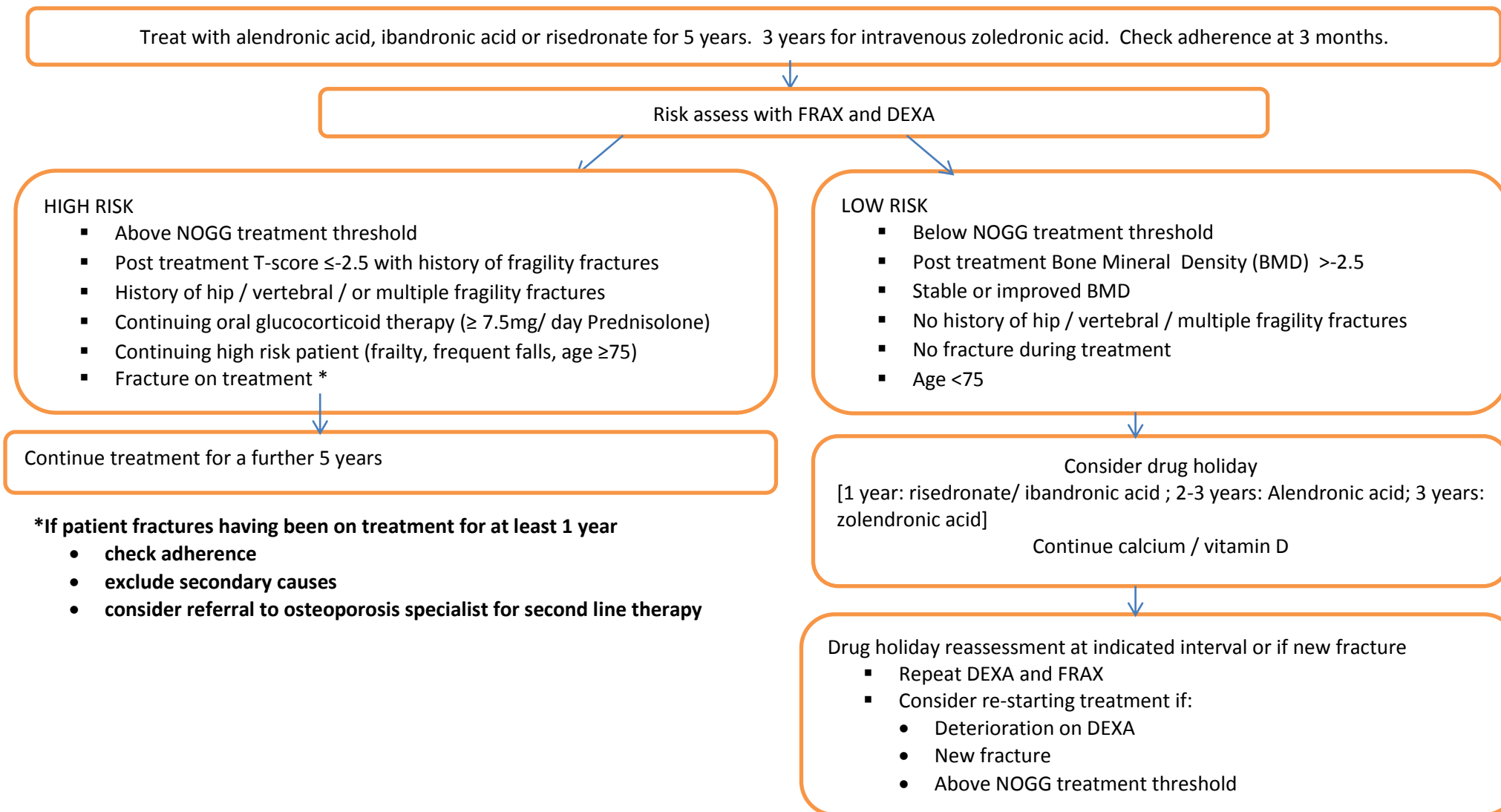
Age	No of Fractures	DEXA Scan Result	Action
65 or older	1	-4.0 or below	Consider teriparatide
65 or older	2 or more	-3.5 or below	Consider teriparatide
55-64	2 or more	-4.0 or below	Consider teriparatide

To Note: MHRA Drug Safety Updates including: [Bisphosphonates: use and safety](#); [Denosumab \(Xgeva ▼, Prolia\); intravenous bisphosphonates: osteonecrosis of the jaw—further measures to minimise risk](#) and [Denosumab \(Prolia, Xgeva ▼\): reports of osteonecrosis of the external auditory canal](#)

REF: [NICE TA 161](#): Alendronate, risedronate, raloxifene and teriparatide for the secondary prevention of osteoporotic fragility fractures in postmenopausal women; Oct 2008 (Updated Aug 2017)

Approved: September 2017; Review date: September 2020

Appendix 1: Quick Reference Guide to Bisphosphonate Treatment Duration



REF: The National Osteoporosis Guideline Group (NOGG) algorithm for long-term treatment monitoring

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