

Intro

- Patients with IBD often consider their gastroenterologist to be their primary care provider.
- Therefore, it is becoming increasingly important that preventive care and healthcare maintenance issues be co-managed by both the gastroenterologist and primary care team.
- This includes appropriate vaccinations, screening for depression and anxiety, melanoma screening, and screening for osteoporosis- the main emphasis of our quality improvement project.

Some risk factors for osteoporosis: full list more extensive...

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Osteoporos Int (2014) 25:2359-2

Table 1 Conditions, diseases, and medications that cause or contribute to osteoporosis and fractures

Lifestyle factors

Alcohol abuse
Frequent falling
Inadequate physical activity
Vitamin D insufficiency

Excessive thinness
High salt intake
Low calcium intake

Excess vitamin A
Immobilization
Smoking (active or passive)

Genetic diseases

Cystic fibrosis
Glycogen storage diseases
Hypophosphatasia
Osteogenesis imperfecta
Riley-Day syndrome

Ehlers-Danlos
Hemochromatosis
Marfan syndrome
Parental history of hip fracture

Gaucher's disease
Homocystinuria
Menkes steely hair syndrome
Porphyria

Hypogonadal states

Androgen insensitivity
Hyperprolactinemia
Turner's and Klinefelter's syndromes

Anorexia nervosa
Panhypopituitarism

Athletic amenorrhea
Premature menopause (<40 years)

Endocrine disorders

Central obesity
Hyperparathyroidism

Cushing's syndrome
Thyrotoxicosis

Diabetes mellitus (types 1 and 2)

Gastrointestinal disorders

Celiac disease
Inflammatory bowel disease
Primary biliary cirrhosis

Gastric bypass
Malabsorption

Gastrointestinal surgery
Pancreatic disease

ACG 2017 Clinical Guideline: Preventive Care in Inflammatory Bowel Disease

- Patients who have IBD should be screened based on established guidelines for the general population. Osteoporosis screening guidelines differ between societies, however, DEXA testing is recommended by the National Osteoporosis Foundation for postmenopausal women aged 65 and men aged 70 and older

- BMD measurement (with a DEXA scan) is recommended ... specifically in those who have used oral corticosteroid therapy for longer than 3 consecutive months in a dose ≥ 7.5 mg/day of prednisone-equivalent in the absence of baseline BMD measurement

Am J Gastroenterol. 2017 Feb;112(2):241-258.

Indications for osteoporosis screening in our project based on combination of 3 guidelines

1. Female age 65 years old and older
2. Men age 70 years old and older
3. Patients who have used oral corticosteroid therapy for longer than 3 consecutive months in a dose ≥ 7.5 mg/day of prednisone-equivalent in the absence of baseline BMD measurements
4. Previous bone fracture in adult life occurring spontaneously, or a fracture arising from trauma which, in a healthy individual, would not have resulted in a fracture) including vertebral and hip fractures