

HAVE YOU CAPTURED THE FRACTURE?

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Osteoporosis is a disease in which the density and quality of bone are reduced. As bones become more porous and fragile, the risk of fracture is greatly increased. The loss of bone occurs silently and progressively. Often, there are no symptoms until the first fracture occurs. The International Osteoporosis Foundation (IOF) reported that worldwide, one in three women over the age of 50 years and one in five men will experience osteoporotic fractures in their lifetime.¹ It was reported that in both Europe and the United States, 30 percent women are osteoporotic, and it was estimated that 40 percent post-menopausal women and 30 percent men would experience an osteoporotic fracture in the rest of their lives.² In Singapore, osteoporosis will become an increasingly important public health problem as the population of Singapore is ageing rapidly. The age-adjusted hip fractures rates among women over the age of 50 years are about 450 per 100 000 females.³

The most common fractures associated with osteoporosis occur at the hip, spine and wrist. The likelihood of these fractures occurring, particularly at the hip and spine, increases with age in both women and men. Of particular concern are vertebral (spinal) and hip fractures. Vertebral fractures can result in serious consequences, including loss of height, intense back pain and deformity. A hip fracture often requires surgery and may result in loss of independence or death.

Capture the Fracture® is a global programme to facilitate the implementation of coordinated, multi-disciplinary models of care for secondary fracture prevention. IOF believes this is the single most important thing that can be done to directly improve patient care and reduce spiralling fracture-related healthcare costs worldwide. The Capture the Fracture Best Practice Framework has been developed by a steering committee chaired by Professor Kristina Åkesson (Sweden) and Professor Kassim Javaid (UK), and shaped by input from global leaders of established Fracture Liaison Services. The Best Practice Framework includes:

1. Patient Identification
2. Patient Evaluation
3. Post-Fracture Assessment Timing
4. Identify Vertebral Fracture
5. Assessment Guidelines
6. Secondary Causes of Osteoporosis
7. Falls Prevention
8. Multifaceted health and lifestyle risk-factor Assessment
9. Medication Initiation
10. Medication Review
11. Communication Strategy
12. Long-term Management
13. Database

So, have your practice site Capture the Fracture and gain visibility on IOF's Map of Best Practice?

For Unit 1, Dr Ang Seng Bin will bring you through the diagnosis of osteoporosis in postmenopausal women, how to utilize FRAX score and the management.

For Unit 2, Dr Santhosh Kumar Seetharaman will guide you through the management of osteoporosis for post-menopausal women with history of fragility fractures, discussing the risk factors for post-menopausal fractures, the importance of height loss and the treatment algorithm for osteopenia and osteoporosis.

For Unit 3, Dr Linsey Utami Gani will discuss the management of osteoporosis in a patient with underlying chronic Diabetes Mellitus.

For Unit 4, Dr Victor Seah will present the common osteoporotic fractures in both Male and Female patients.

For Unit 5, Dr Matthew Tan will bring you through the evaluation of secondary causes of osteoporosis.

For Unit 6, A/Prof Lau Tang Ching will dive into a specific secondary cause of osteoporosis and its management: glucocorticoid-induced osteoporosis.

Last but not least, the ten selected articles by A/Prof Goh Lee Gan are topics related to osteoporosis, allowing you to have an update on the fragility fractures incidence in Japan, the estimated prevalence of osteoporosis in Singapore, the challenges of diagnosing osteoporosis and ways to optimize sequential and combined anabolic and anti-resorptive osteoporosis therapy.

REFERENCES

1. International Osteoporosis Foundation. What Is Osteoporosis? [Internet]. 2017 [Accessed 28 Sept 2019]. Available from: www.iofbonehealth.org/what-is-osteoporosis.
2. Sözen T, Özişik L, Başaran NÇ. An overview and management of osteoporosis. *European journal of rheumatology*. 2017 Mar;4(1):46.
3. International Osteoporosis Foundation. Singapore [Internet]. 2017. [Accessed 28 Sept 2019]. Available from: https://www.iofbonehealth.org/sites/default/files/PDFs/Audit%20Asia/Asian_regional_audit_Singapore.pdf.