

ABSTRACT

World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases (WCO-IOF-ESCEO 2020): Committee of National Societies Abstracts

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OCs1

THE BELGIAN BONE CLUB 2020 GUIDELINES FOR THE MANAGEMENT OF OSTEOPOROSIS IN POSTMENOPAUSAL WOMEN

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Objective: To provide updated evidence-based guidelines for the management of osteoporosis in postmenopausal women in Belgium.

Methods: The Belgian Bone Club (BBC) gathered a guideline developer group. Nine “Population, Intervention, Comparator, Outcome” (PICO) questions covering screening, diagnosis, non-pharmacological and pharmacological treatments, and monitoring were formulated. A systematic search of Medline, the Cochrane Database of Systematic Reviews, and Scopus was performed to find network meta-analyses (NMA), meta-analyses (MA), systematic reviews (SR), guidelines, and recommendations from scientific societies published in the last 10 years. Manual searches were also performed. NMA were considered as the highest level of evidence. Summaries of evidence were provided, and recommendations were further validated by the BBC board members and other national scientific societies experts.

Results: Of the 3840 references in the search, 333 full texts were assessed for eligibility, and 129 met the inclusion criteria (11 NMA, 79 MA, 12 SR, and 27 guidelines). Osteoporosis screening using clinical risk factors should be considered. Vertebral, pelvis, hip, femur, humerus, radius/ulna, and age-dependent wrist fracture were considered as major osteoporotic fracture (MOF). Patients with a recent (<2 years) major osteoporotic fracture were considered at very high and imminent risk of future fracture. A DXA BMD T-score ≤ -2.5 or a threshold for 10-year risk of MOF $\geq 20\%$ and of hip fracture $\geq 3\%$ (<70 years) or $\geq 5\%$ (≥ 70 years) was used to categorize patients as high risk. Patient education, the combination of

weight-bearing and resistance training and optimal calcium intake and vitamin D status were recommended. Antiresorptive and anabolic osteoporosis treatment should be considered for patients at high and very high fracture risk, respectively. Follow-up should focus on compliance, and patient-tailored monitoring should be considered. Expert voting results: 12 strong and 13 weak recommendations were formulated.

Conclusion: The BBC 2020 guidelines provide updated algorithms for evidence-based clinical management of osteoporosis in postmenopausal women.

OCs2

TRABECULAR BONE SCORE IS ASSOCIATED WITH BONE MINERAL DENSITY, AND MARKERS OF BONE TURNOVER IN NON-OBESE SUBJECTS: THE BUSHEHR ELDERLY HEALTH (BEH) PROGRAM

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Objective: Obesity is associated with greater BMD and is considered protective against hip and vertebral fracture. Obesity results in low bone turnover and improves bone microarchitecture parameters. We aimed to