

Sequential dosing of Osteoporosis medications

CHRISTOPHER HOUPPT, PHARM D
PGY2 GERIATRIC RESIDENT
PROVIDENCE ELDERPLACE
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Learning objective

Describe the effect of treatment sequence on bone mineral density (BMD) when anabolic agents are used after antiresorptive agents.

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Classification of osteoporosis medications

ANTIRESORPTIVE AGENTS Inhibit bone resorption Maintain or improve BMD and reduce fracture risk Examples <ul style="list-style-type: none">Bisphosphonates (alendronate, risedronate, zoledronic acid, etc.)DenosumabEstrogen agonists/antagonists	ANABOLIC AGENTS Stimulate new bone formation Induce large increases in BMD, reducing fractures quickly Examples <ul style="list-style-type: none">Parathyroid hormone analogs (teriparatide and abaloparatide)Romosozumab <p>It is recommended to follow anabolic agents with antiresorptive agents to maintain BMD gains</p>
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Self assessment question

Which is true regarding a patient's bone mineral density (BMD) when switching osteoporosis treatment?

- A. Transitioning from a bisphosphonate to a parathyroid hormone analog results in a transient reduction in spine BMD
- B. Transitioning from denosumab to a parathyroid hormone analog results in a transient reduction in spine BMD
- C. Transitioning from a parathyroid hormone analog to a bisphosphonate results in a transient reduction in spine BMD
- D. Transitioning from a parathyroid hormone analog to denosumab results in a transient reduction in spine BMD

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