

QUESTIONS FOR ARTICLE ON OSTEOPOROSIS: DIAGNOSIS AND MANAGEMENT

1 . With regard to the WHO diagnostic criteria, which of the following is TRUE?

- A) T-scores are easily applicable to men and children.
- B) All clinical decisions should be based on T-scores and Z-scores.
- C) For a young adult woman, a T-score should be the same as a Z-score.
- D) T-scores at the hip confer the same fracture risk as T-scores at the spine.

2 . Which T-score would meet WHO criteria for osteoporosis?

- A) Equal to or below -1.0
- B) Equal to or below -1.5
- C) Equal to or below -2.0
- D) Equal to or below -2.5

3 . Approximately how many people in America have osteoporosis?

- A) 1.8 million
- B) 10.2 million
- C) 15.1 million
- D) 25.3 million

4 . With respect to osteoporosis and race, gender, and age, which of the following is TRUE?

- A) Hispanic women have a higher risk of fracture than white women.
- B) Hispanic Americans are at higher risk of osteoporosis than whites.
- C) Age does not predict fracture risk independent of bone mineral density (BMD).
- D) More women suffer hip fractures than men, but the mortality in men is greater.

5 . Which is the most common medication(s) associated with secondary osteoporosis?

- A) Lithium
- B) Thyroxine
- C) Glucocorticoids
- D) Long-acting benzodiazepines

6 . Which of the following is NOT an established risk factor for osteoporosis?

- A) Obesity
- B) Tobacco use
- C) Previous fracture
- D) Family history of osteoporosis

7 . Which of the following is a sign of osteoporosis?

- A) Low back pain
- B) Decreasing height
- C) Curved upper back
- D) All of the above**

8 . Quantitative computed tomography (CT)

- A) is not useful in making volume BMD determinations.
- B) allows for assessment of both cortical and trabecular bone.**
- C) is associated with a lower level of radiation exposure than other techniques.
- D) results are more likely to be affected by degenerative spinal changes than spinal dual- energy x-ray absorptiometry (DXA) scanning.

9 . Which factor is important to keep in mind when ordering bone density measurement tests?

- A) Measurement at one site is preferred.
- B) Serial measurements may be helpful in assessing bone loss rates.**
- C) Quantitative CT is preferred when patients exhibit multiple risk factors.
- D) For women younger than 65 years of age, hip fractures are more common than vertebral fractures.

10 . Which of the following is a biochemical marker of bone formation?

- A) Calcium
- B) Osteocalcin**
- C) Hydroxyproline
- D) Free pyridinoline

11 . Which patients should undergo routine BMD screening?

- A) Men 50 to 69 years of age, regardless of risk
- B) All women and men older than 60 years of age
- C) Women 65 years of age and older, regardless of risk**
- D) Women in menopausal transition with no known risk factors for fracture

12 . The National Osteoporosis Foundation recommends that men 50 years of age and older and postmenopausal women be treated for osteoporosis when they present with

- A) wrist fracture.
- B) low back pain.
- C) a spinal T-score less than -2.5.**
- D) a femoral neck T-score between -1.0 and -2.5 with no other risk factors.

13 . The minimum calcium intake recommended for a woman 62 years of age is

- A) 600 mg/day.
- B) 800 mg/day.
- C) 1,000 mg/day.
- D) 1,200 mg/day.**

14 . Which recommendation would NOT be helpful in preventing osteoporosis in a female patient, 74 years of age, on lansoprazole, an acid-reducing medication?

- A) Vitamin D supplementation
- B) Increase dietary calcium intake
- C) Supplement with calcium carbonate**
- D) Start a low intensity, regular exercise program

15 . How much vitamin D should adults 50 years of age and older obtain?

- A) 100–200 IU/day
- B) 400–600 IU/day
- C) 500–800 IU/day
- D) 800–1,000 IU/day**

16 . What should providers advise regarding osteoporosis and exercise?

- A) Patients with severe osteoporosis should not exercise.
- B) Patients should be encouraged to exercise 30 minutes, twice per week.
- C) Patients should be encouraged to exercise 10 minutes, seven times per week.
- D) Patients should be encouraged to exercise 30 minutes, at least five times per week.**

17 . Which of the following concerning hormone replacement therapy (HRT) is TRUE?

- A) Hormone replacement increases risk of colorectal cancer.
- B) The HERS trial showed a decrease in hip fractures, but no cardiovascular benefit.
- C) The WHI bolstered support for widespread use of combination hormones in postmenopausal females.
- D) HRT may be beneficial for certain patients with severe fracture risk but is not recommended for prevention of chronic disease.**

18 . The recommended dose of alendronate for prevention of osteoporosis is

- A) 5 mg/day.**
- B) 10 mg/day.
- C) 35 mg/day.
- D) 70 mg/day.

19 . Which of the following is TRUE regarding teriparatide?

- A) It has not been shown to prevent osteoblast apoptosis.
- B) It is not approved by the FDA for treatment of osteoporosis.
- C) Studies have shown a decrease in vertebral fractures with use of the drug.**
- D) It is a portion of parathyroid hormone and works by increasing the number and action of osteoclasts.

20 . Which of the following is TRUE regarding sodium fluoride?

- A) It decreases osteoblastic activity.
- B) It increases spine and hip bone mass.**
- C) It is currently a recommended treatment for osteoporosis.
- D) Its effect on cortical bone is more prominent than on trabecular bone.