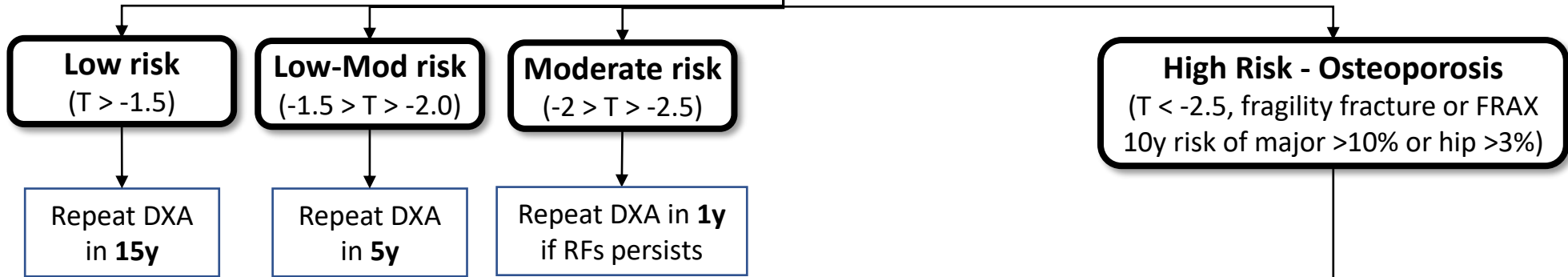
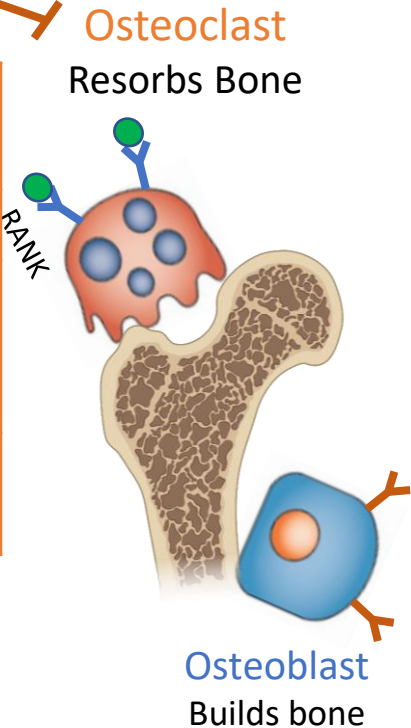


1. Obtain **screening DEXA**  
2. Determine **FRAX score**



**Bisphosphonate**



**Alendronate (PO weekly)**  
**zoledronic acid (IV yearly)**

1<sup>st</sup> line for most, GFR >35

Esophagitis (PO), hypocalcemia, atypical femur fracture (AFF), osteonecrosis of jaw (ONJ)

consider drug holiday after 5 years (PO) or 3 years (IV)

If bisphosphonate contraindicated OR Severe (T < -3)

**Consult Endo**  
to consider **Denosumab or Anabolic**

Consider continuing for 10 years

**BMD worse**

**Bisphosphonate**

Re-assess in:  
5 years (PO)  
3 years (IV)

**BMD stable or improved**

**Drug Holiday**  
Repeat DXA in 2-4 years