



# **BONE DENSITY & OSTEOPOROSIS:**

## **An Update for Manitoba Physicians**

No. 7: January 1, 2005

### **Bone Density Testing in Manitoba – Big Changes Are Coming!**

The Manitoba Bone Density Program is introducing significant changes to the ordering of a BMD test and how the results will be reported. These changes reflect the best evidence of osteoporosis risk assessment, and incorporates national and international expert group recommendations. These changes will also simplify the process.

#### ***What Is The New Process For Requesting A BMD Test In Manitoba?***

It is **no longer necessary** to complete or calculate the clinical risk factor score. Clinical risk factor information will be collected directly from the patient when the test is performed. This information will soon be used in addition to the BMD results to more accurately calculate and categorize your patient's fracture risk (see below).

Assessing your patient's fracture risk using clinical risk factors is still important. The Fracture INDEX, a validated self-assessment tool, is provided on new requisition's backside. This can be completed by patients to help you select those most likely to benefit from BMD testing.

BMD testing will now be performed in any woman age 65 or older without further justification being required. Testing in men, and in women younger than age 65, are not approved indications unless there are additional risk factors. Individuals who do not fulfill other criteria will still be eligible for testing if there is satisfactory additional justification.

The revised requisition can be obtained from the bone density facilities or downloaded from the program's website (see below).

#### ***What Will The New BMD Report Contain?***

The numerical information is provided in essentially the same way as in previous BMD reports. The new report will provide a **single diagnostic and fracture risk assessment** for the individual, and not for each measured site. We will no longer be providing the patient's Z-score.

Although the T-score will continue to be reported, it captures only one aspect of fracture risk. A patient's age and many other clinical risk factors affect fracture risk independent of BMD measurement. We will soon

provide an **estimated absolute fracture risk** (percent chance of your patient having an osteoporotic fracture over the next ten years) based upon the patient's BMD, clinical risk factors (provided by the patient at the time of testing), and age. This will be the subject of the next BMD newsletter

This newsletter, new requisition and other program information are available through the Manitoba Health web site (<http://www.gov.mb.ca/health/programs/mbd/index.html>).