Management of Established Osteoporosis

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Abstract: Patients with established osteoporosis should deserve early treatment as the risk of subsequent fracture is very high resulting in significant morbidity and mortality. Effective treatment modalities are those which have been proven to have consistent anti-fracture efficacy. This article attempts to make an overview of the current pharmacological options in the treatment of established osteoporosis. Studies on anabolic and antiresorptive agents and their combination and sequential therapy will be reviewed. The role of auxiliary therapy with calcium and vitamin D supplementation and non-pharmacological management will be emphasized.

Keywords: Anabolic, antiresorptive, fracture, osteoporosis