### Review of Long-Term Bisphosphonate Therapy in Primary Care - Algorithm 2

Treat using oral bisphosphonate for 3 - 5 years with:
alendronate 70mg tablets or risedronate 35mg tablets weekly

### **Check concordance**

## For patients who sustain a fracture during treatment:

- · recheck concordance
- exclude secondary causes of osteoporosis
- consider referral to a specialist for advice on drug treatment
- refer for a DXA scan
- continue to treat for at least another 5 years to reduce the risk of further fractures.

treatments, health priorities, lifestyle and goals. Discuss any adverse events and fracture risks.

For patients with no fracture during treatment:

what is important to each person in terms of

Consider co-morbidities, polypharmacy and patient

preference. Promote shared decisions based on

Consider DXA if available and appropriate and reassess with fracture risk tool

- Age ≥ 75 years or
- Previous h/o hip or vertebral fracture or
- Fragility fractures on treatment (excluding poor concordance and 2ary causes of osteoporosis or
- Current glucocorticoids ≥ 7.5mg day or
- Post treatment T-score ≤ -2.5

- Age ≤ 75 years with
- post treatment BMD > 2.5 or
- no history of hip, vertebral, or multiple fragility fractures or
- stable or improved BMD

Continue treatment with oral bisphosphonate for up to 10 years, considering individual patient needs, with discussion of ongoing risks and benefits and regular review then discontinue; or continue until glucocorticoid therapy is stopped. Remind patient there is no clear evidence that carrying on treatment for more than 3 years will protect against breaking a bone any more than stopping treatment after 3 years (NICE decision support tool)

At 10 years seek specialist advice regarding ongoing management if necessary

# Consider a bisphosphonate holiday:

- pause alendronate for 2 years
- pause risedronate for 2 years

Patients should continue any calcium and vitamin D supplementation.

#### Reassess fracture risk, BMD and treatment options

- after a new fracture whenever this occurs
- · if glucocorticoid therapy stopped
- if no new fracture occurs after 2 years
- at end of bisphosphonate holiday
   After 10 years of treatment seek specialist advice if necessary