

Page 3-19 ENDOCRINE: OSTEOPOROSIS

OSTEOPOROSIS

OSTEOPOROSIS: Osteoporosis, which means "porous bones", is a disease of the bone that leads to an increased risk of fracture. Fractures are common in the spine, hip or wrist. While the exact cause of osteoporosis is not fully understood, scientists believe the normal bone remodeling process (old bone is broken down (resorption) by osteoclasts while new bone is formed by osteoblasts) is disrupted in osteoporosis.

RISK FACTORS: Female gender, White or Asian descent, age, family history, low thyroid hormone, low calcium intake, tobacco use or excessive alcohol consumption, eating disorders, inactive lifestyle, certain medications (e.g., steroids).

PREVENTION: Adequate daily amounts of calcium and vitamin D intake, regular exercise and use of medications.

National Osteoporosis Foundation Recommendations: ♀ female, ♂ male

CALCIUM	VITAMIN D
♀: 1000mg/day for < 50 years old 1200mg/day for ≥ 50 years old	♀ & ♂: 400-800 IU/day for < 50 years old
♂: 1000mg/day for < 71 years old 1200mg/day for ≥ 71 years old	♂ & ♀: 800-1000 IU/day for ≥ 50 years old

3 elemental calcium: carbonate (40%), phosphate (19%), citrate (21%), lactate (13%), gluconate (7%)
 inactive form of vitamin D: vitamin D₂ (ergocalciferol, D-2) (D-2)
 Active form of vitamin D: vitamin D₃ (cholecalciferol, Rocaltrol), Most OTC products contain vitamin D₃

DIAGNOSIS: The World Health Organization uses the bone mass density (BMD) T score to define osteoporosis: (T) < -2.5o (osteoporosis); (O) -1 to -2.5o (osteopenia); (N) > -1.5o (normal)

Dual-energy X ray absorptiometry (DXA) to measure BMD of the hip or spine prior to initiation of therapy and at least every 2 years.

BIPHOSPHONATES

MOA: Inhibit bone resorption and turnover by inhibiting osteoclast (bone cells that remove bone tissue).

CAUTION: renal failure (do not use if CrCl < 35; alendronate & ibandronate; do not use if CrCl < 30; risedronate & ibandronate), osteopenia of jaw, hypocalcemia (pain, numbness, dyspepsia, gastritis, flatulence)

WARNING: daily (skip until next dose), weekly (take ASAP), monthly (take ASAP, except if = 1 wk to next dose, then skip if = can not take 2 tabs in 1 week)

ADVICE: take with 6-8 oz of plain water at least 30 mins (60 mins for ibandronate) before breakfast; Avoid food, vitamins, or medication of day since they can reduce absorption; avoid lying down x20 mins (45 mins for ibandronate) following dose to reduce esophageal irritation. Antacids (except sodium bicarbonate), calcium, magnesium and iron salts may decrease absorption.

NOTE: for patients who are at low risk for fracture (e.g., younger patients without a fracture history, near normal BMD), the risks of taking oral bisphosphonates after 3-5 years (e.g., rare osteonecrosis of the jaw, atypical femur fractures, esophageal cancer) may outweigh the benefits; first-line treatment for most patients; infusion: ↓ GI side effects

FDA APPROVED INDICATIONS:

	T-PMO	P-PMO	T-D	T-DIO	FAGET	OTHS
Alendronate (Fosamax) 5, 10, 35, 40, 70mg tab 70mg (75mL PO soon Alendronate + vitamin D ₃ (Fosamax Plus D) 70mg + vitamin D ₃ 2800 unit or 5600 unit Alendronate (Binosto) 70mg effervescent tab Instruct: dissolve one tab in half glass of plain room temp water, wait ≥ 3 mins, then stir x10 seconds	10mg/day or 70mg/wk or 35mg/wk	5mg/day or 70mg/wk or 35mg/wk	10mg/day or 70mg/wk	5mg/day or 10mg/day for PMO; not on nitrogen	40mg/day x6 months	
Ibandronate (Boniva) 150mg tab 1mg/1mL IV soln (Intr. prefilled syringe)		Treatment & prevention: 150mg PO/month				
Zoledronic acid 5mg/100mL IV soln (Reclast) for osteoporosis Infusion: over 15 minutes Contraindication (Reclast): CrCl < 30 and in patients with acute renal impairment. Zoledronic acid 4mg/3mL IV soln (Zometa) for cancer		5mg IV (at 1 year for treatment; 1x/2 years for prevention) Hold dose if worsen renal function	5mg IV once a year	5mg IV once a year (also for prevention)	A single 5mg IV infusion (pt should receive 1500mg Ca ⁺⁺ & 800 IU vit D daily)	Zometa: hypercalcemia of malignancy, multiple myeloma & metastatic bone lesions

T-Treatment, P-Prevention, PMO postmenopausal osteoporosis, D osteoporosis, DIO glucocorticoid induced osteoporosis

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NAPLEX questions were right in line as far as difficulty with Flynn's practice exam and were easier than the practice exam so that came with the comprehension side of Pharmacy Review. I, like other people, probably got 10-15 questions right just by looking at the comments section of the notebook, because they were word for word off previous exams. As far as the layout, I probably ...

Information for NAPLEX - May 2006 and forward

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The NAPLEX consists of 250 multiple-choice questions. Of these, 200 questions will be used to calculate the test score (remaining 50 items serve as experimental questions and do not affect score) A tabulated or "scaled" score of 75 or higher (out of a possible 150) is required for passing Reported scores represent a mathematically calculated "ability measure" of the applicant based on an ...

Naplex Review Review, dispense, and administer drugs

Dear Friends, Does anybody know about the following books which are useful for NAPLEX. 1. Flynn's notes and 2. Prof. Warren's hand book I would really appreciate your information.

NAPLEX study material - Urch Forums

"This Web site also discussed an individual named 'Flynn,' who offered a review course and notes on passing the NAPLEX," Pray said in the document. "One correspondent on the Web site suggested that prospective examinees review the comments sent to 'Flynn' by other students, and another provided his address at the University of Georgia."

NAPLEX is Suspended — The Blonde Pharmacist

NAPLEX Study Schedule. The North American Pharmacist Licensure Examination (NAPLEX) is not only a lengthy exam but it also covers a very broad syllabus. As such, there is a huge need to prepare adequately for NAPLEX, and have most of the coverage (if not all) of the review material at your fingertips. It goes without saying that the quality of time spent in the study would be more or less ...

NAPLEX: How Long To Study For NAPLEX

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NAPLEX [Archive] - Urch Forums

Try our Naplex QBank. www.pharmacyexam.com **Please note: This type of question will not show up in an MPJE. We are just posting to MPJE group for knowledge. close . 123. At 1000 mg dose, Acetaminophen is usually effective treating which of the following Migraine related symptoms? [Select ALL THAT APPLY] a. Nausea b. Vomiting c. Blurry vision d. Photophobia e. Phonophobia View Answer . 123. At ...

Sample Questions for NAPLEX Exam.

The NAPLEX is exclusively a computer-administered exam. After receiving an authorization to test from NABP, applicants must register with an official testing facility, such as Pearson VUE, at least two business days in advance to schedule a testing appointment. The NABP's announcement of updates to the 2016 NAPLEX exam include increased fee price, number of exam questions, and time to sit for ...

NAPLEX - Wikipedia

Before you start the actual NAPLEX you have to agree to a statement saying that you'll keep all material private and not try to compile questions. Which is why Dr. Warren is in trouble and facing legal action against him. I can't believe that it's actually been suspended. From what I know Dr. Flynn Warren has been doing the review at UGA for years, and I've heard it's the best one to go to if ...

Does anyone know anything about the NAPLEX exam suspension ...

Daniel "Dan" B. Flynn, A&S '93, ... Keep your classmates informed with a submission to alumni notes. Submit your information via email to: classnotes@jhu.edu. (Due to production deadlines, your information may not appear for an issue or two. By submitting a class note, you agree that Johns Hopkins can publish your note in the print and online edition.) Posted in Alumni. Tagged alumni, class ...

CLASS NOTES | Hub

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Miss Univers 2019 est une femme noire.Elle a été sacrée miss Afrique du Sud avant de conquérir l'univers. Zozibini Tunzi est le nom de la première femme noire aux cheveux crépus a être élue miss Univers.

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