

**SELECT HEALTH NETWORK, INC.  
PHYSICIAN PRACTICE GUIDELINES**

**SUBJECT: Bone Density Guidelines**

**Date Issued: 1/01**

**Date Reviewed/Revised: 3/03, 8/05, 08/06, 10/07, 10/08, 09/09, 08/10, 9/11, 9/12, 9/13, 9/14, 9/15, 8/16, 10/17, 9/18, 9/19, 9/20**

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**Source:** American College of Obstetricians and Gynecologists (ACOG), 2012  
International Society for Clinical Densitometry, 2013

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**Indications for Bone Density Study:**

- I. These are the Adult Official Positions of the ISCD as updated in 2019.
- II. Indications for Bone Mineral Density (BMD) Testing
  - A. For women aged 65 and older
  - B. For post-menopausal women younger than age 65 a bone density test is indicated if they have a risk factor for low bone mass such as:
    1. Low body weight
    2. Prior fracture
    3. High risk medication use
    4. Disease or condition associated with bone loss
  - C. Women during the menopausal transition with clinical risk factors for fracture, such as low body weight, prior fracture, or high risk medication use
  - D. Med aged 70 and older
  - E. For men <70 years of age a bone density test is indicated if they have a risk factor for low bone mass such as:
    1. Low body weight
    2. Prior fracture
    3. High risk medication use
    4. Disease or condition associated with bone loss
  - F. Adults with a fragility fracture
  - G. Adults with a disease or condition associated with low bone mass or bone loss
  - H. Adults taking medications associated with low bone mass or bone loss
  - I. Anyone being considered for pharmacologic therapy
  - J. Anyone being treated, to monitor treatment effect
  - K. Anyone not receiving therapy in whom evidence of bone loss would lead to treatment

**Indications for Repeat Bone Density Study:**

- A. In the absence of new risk factors, subsequent screening should not be performed more frequently than every 2 years.
- B. When prescription therapy is initiated, an initial follow-up at one year is warranted, followed by a return to every two years screenings once a therapeutic effect has been established.

Additional References:

Journal of Clinical Dosimetry, Volume 7, Number 1, 2004.  
Lebanese Medical Journal, Volume 50 (3), 2002: 89-104.