

Bone Density Guidelines

DEPARTMENT: Utilization Management Physician Practice Guidelines

EFFECTIVE DATE: 01/01

DATE LAST REVIEWED: 09/21

SOURCES: American College of Obstetricians and Gynecologists (ACOG), 2012
International Society for Clinical Densitometry, 2013
Journal of Clinical Dosimetry, Volume 7, Number 1, 2004.
Lebanese Medical Journal, Volume 50 (3), 2002: 89-104.

RECOMMENDED GUIDELINES:**1) Indications for Bone Density Study:**

- a) These are the Adult Official Positions of the ISCD as updated in 2019.
- b) Indications for Bone Mineral Density (BMD) Testing
 - i) For women aged 65 and older
 - ii) 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
 - iii) Women during the menopausal transition with clinical risk factors for fracture, such as low body weight, prior fracture, or high-risk medication use
 - iv) Men aged 70 and older
 - v) 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
 - vi) Adults with a fragility fracture
 - vii) Adults with a disease or condition associated with low bone mass or bone loss
 - viii) Adults taking medications associated with low bone mass or bone loss
 - ix) Anyone being considered for pharmacologic therapy
 - x) Anyone being treated, to monitor treatment effect
 - xi) Anyone not receiving therapy in whom evidence of bone loss would lead to treatment

2) 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.