Osteoporosis Evaluation for Low-energy Vertebral Compression Fractures

Osteoporosis (loss of bone mineral density) leads to risks of morbid fragility fractures. Guidelines for osteoporosis evaluation after fragility fractures are not consistently followed.

Rate of osteoporosis evaluation after vertebral compression fractures (VCFs)

- **52** patients with acute thoracic/lumbar VCFs
- Mean final follow-up after 502 days
- Ground-level falls (2016-2020)
- Age ≥ 60 years (mean age: 83 years)

Evaluations performed

- Rates of osteoporosis evaluation
- Initiation of pharmacological treatment
- Rates of subsequent falls
- Secondary fragility fractures
- Mortality rates (one-year and overall)

Patients receiving pharmacological treatment: 19.2%

Patients evaluated for osteoporosis: 11.5%

One-year mortality: 26.9%

Patients with at least one subsequent fall: 48%

Patients with fragility fracture post subsequent fall: 44%

Overall mortality: 44.2%

Improved osteoporosis evaluation and intervention is needed in patients sustaining low-energy VCFs.