



Ville Marie Osteoporosis Clinic  
A division of the Ville Marie Medical & Women's Health Center

## VILLE MARIE OSTEOPOROSIS PREVENTION, EARLY DETECTION AND MONITORING PROTOCOL

Significant bone density loss, often leading to **osteoporosis, starts during menopause** if neither hormonal replacement therapy nor more specific preventive measures are used. It can start even earlier when **chemotherapy** or **oestrogen inhibitors** are used to treat **breast cancer** or **synthroid** to treat thyroid disorders.

**Osteoporosis** has now become a **serious health problem**: women's mortality rates from osteoporosis are greater than the combined mortality rates from breast and ovarian cancer.

Yet osteoporosis **remains a "silent disease"** until it causes deformation of the spine with associated respiratory and digestive difficulties, shrinking in height, pain, disability, and serious complications associated with fractures.

To prevent these problems, **the Ville Marie Medical and Women's Health Center** has initiated an **Osteoporosis Prevention, Early Detection and Monitoring Protocol** that will facilitate **on-site access to a complete Bone Density Evaluation**. This quick and painless test is **covered by the Quebec public health system (RAMQ)**. If you wish to take advantage of this program while still on-site, **please ask our staff**.

Further details are available in the last Ville Marie newsletter.



## VILLE MARIE OSTEOPOROSIS PREVENTION, EARLY DETECTION AND MONITORING PROTOCOL

<b>Date:</b>		
<b>Patient's name:</b>	<b>Age:</b>	<b>Chart #</b>

<b>Section 1</b>	<p>The above named patient has requested to participate in the <b>Ville Marie Osteoporosis Prevention, Early Detection and Monitoring Program</b>. She presents with the following risk factors:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Menopause</b> or <b>amenorrhea</b> (excluding pregnancy).</li> <li><input type="checkbox"/> <b>Medication</b> such as <b>steroids</b>, higher doses of <b>Synthroid</b>, <b>anticonvulsants</b>, <b>antacids with aluminium</b> and current or prior use of <b>chemotherapy</b> or <b>hormonal blockers</b> such as <b>Arimidex</b>, <b>Femara</b>, <b>Aromasin</b>, etc. (e.g: breast cancer).</li> <li><input type="checkbox"/> <b>A family history of osteoporosis.</b></li> <li><input type="checkbox"/> A diagnosis of <b>osteopenia</b>, <b>hyperparathyroidism</b> or <b>hyperthyroidism</b>.</li> <li><input type="checkbox"/> <b>To monitor osteoporosis therapy.</b></li> <li><input type="checkbox"/> <b>Physical inactivity</b>, immobilization or poor vision.</li> <li><input type="checkbox"/> <b>Low weight</b> or significant decrease in body weight or height.</li> <li><input type="checkbox"/> Cushing syndrome, gastro-intestinal problems impeding absorption, chronic kidney disease, transplants, rheumatoid arthritis.</li> <li><input type="checkbox"/> Regular smoking or alcohol intake or poor calcium diet content.</li> <li><input type="checkbox"/> Other: _____</li> <li><input type="checkbox"/> <b>Last Bone density – date:</b> _____ <b>Results:</b> <input type="checkbox"/> normal <input type="checkbox"/> equivocal <input type="checkbox"/> abnormal</li> <li><input type="checkbox"/> <b>Current osteoporosis-related therapy</b> _____ <input type="checkbox"/> none</li> </ul> <p>The patient is thus referred to the <b>Ville Marie Radiology Center</b> for a <b>bone density osteoporosis evaluation</b> and has requested that the results be sent to the following physician(s), with whom she prefers and ensures to establish appropriate follow-up:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; border: 1px solid black; height: 20px;">1-</td> <td style="width: 33%; border: 1px solid black; height: 20px;">2-</td> <td style="width: 33%; border: 1px solid black; height: 20px;">3- <input type="checkbox"/> no outside physician</td> </tr> </table>		1-	2-	3- <input type="checkbox"/> no outside physician
1-	2-	3- <input type="checkbox"/> no outside physician			
	<p><b>Date:</b></p> <p><b>Patient signature:</b></p>				

<b>Section 2</b>	<p>I have reviewed the results and I will make the following recommendations:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Results reviewed: <b>acceptable. Follow-up with preferred physician, according to patient's choice.</b></li> <li><input type="checkbox"/> Results reviewed: <b>acceptable. NO OUTSIDE PHYSICIAN.</b> <b>Follow-up bone density in ___ year(s) at the Ville Marie Radiology Center.</b></li> <li><input type="checkbox"/> Results reviewed: <b>abnormal. Follow-up with preferred physician, according to patient's choice.</b></li> <li><input type="checkbox"/> Results reviewed: <b>abnormal. NO OUTSIDE PHYSICIAN.</b> <b>I am referring this patient to Dr. G. Goldman at the Ville Marie Osteoporosis Clinic.</b></li> <li><input type="checkbox"/> Calcium: _____ g QD and Vitamin D _____ units Q _____</li> </ul> <p><b>Signed:</b> _____ <b>Date:</b> _____</p> <p><b>Ville Marie physician</b></p>	
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