

Screening to prevent fragility fractures

How much time does it take?



Canadian Task Force
on Preventive Health Care



We recommend **risk assessment-first (FRAX)**:

- Bone mineral density (BMD) only for women 65+ who know their fracture risk and show interest in preventive treatment

VS



- We do not recommend BMD testing-first for women or men

✔ Takes less time

✔ Reduces unnecessary testing

✔ Shared decision-making

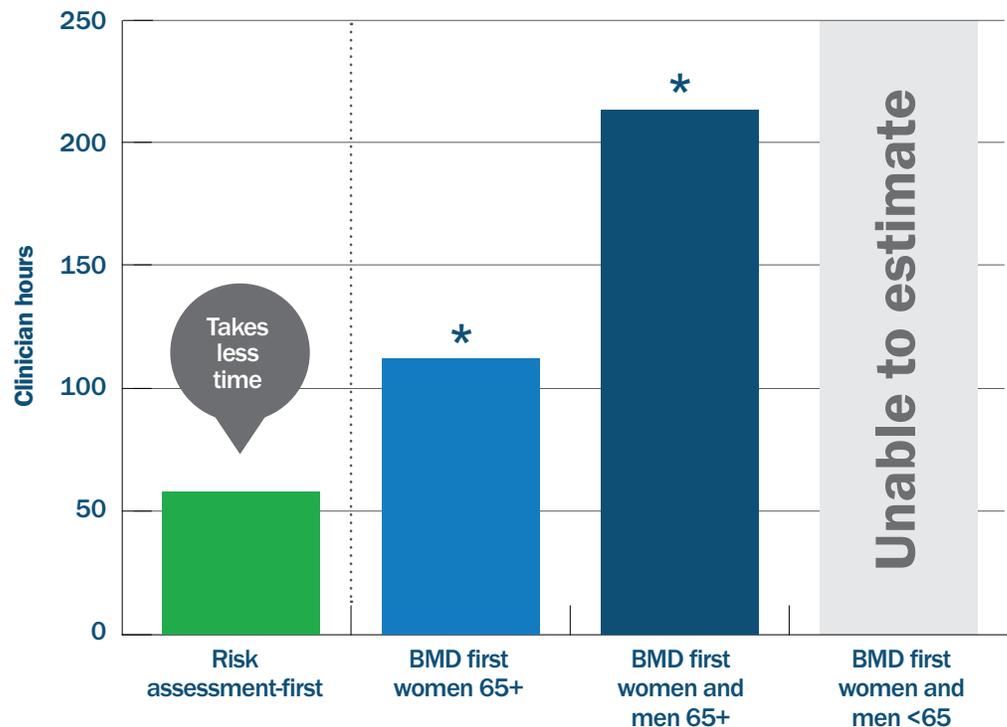
Assume:

- A practice of 1200 patients followed over 25 years
- 600 aged 50+ and 300 aged 65+
- ½ are women and ½ are men
- Screening is estimated to age 85 years
- Rescreening occurs every 2-5 years for BMD-first; every 8 years for risk assessment-first

Context:

- No trials show benefit of screening men of any age or women ≤65
- Rescreening women within 8 years does not appear useful

Screening over 25 years



* No evidence this prevents more fractures

Your time as a clinician is valuable: do better for your patients in less time

[How was this calculated?](#)

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Find guidelines, tools and resources at www.canadiantaskforce.ca

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