

EDITORIAL

Osteoporosis

Osteoporosis (OP) is systemic skeletal disease characterised by low bone mass and micro-architectural deterioration of bone predisposing to bone fragility and fracture, which alter or threaten life affecting about 200 millions worldwide. Asian and white peoples are in greater risk. In 2050 the OP patient will increase by 2.5-3 times. Unfortunately this OP is under diagnosed and undertreated. OP a silent disease which can be slowed or even stopped with comprehensive assessment and management, Current guidelines suggests nonpharmacological and pharmacological interventions. Guidelines are about balanced diet, regular physical exercise, sunlight exposure, avoiding tobacco and alcohol consumption, fall prevention, vitamin D and Calcium supplement. OP diagnosis preferably with DEXA should have pharmacological therapy in high risk and very high risk patients using FRAX algorithm, though no drug is fully effective in restoring bone mineral density (BMD) equally in all sites or fracture prevention. Bisphosphonates (BP) is first line therapeutic choice for OP, maintaining zoledronate by 3-9 years or denosumab for 10 years in high risk patients. Sequential therapy with anabolics followed by antiresorptive agents is recommended in very high risk OP.

About combined treatment - not recommended. Consider anabolic therapy (teriparatide or abaloparatide) for very high risk OP. Recent advances are on new anabolic agents, drug efficacy, treatment duration, sequential and combination therapy. Guidelines are albeit different in secondary OP.

Reassessment of fracture risk after patient has BP after 3-5 years than “Drug Holiday” for 3-5 years in low-to-moderate risk patients. Side effects (ONJ and AF) increase with duration of treatment Monitoring BMD with low BMD every 1-3 years. Detailed counseling about OP to patients about management is mainstay for good compliance and better outcome.

We are now in receding time of COVID-19. Now we should take care of the patients with chronic ailment.

The editorial board has taken good efforts to publish this edition with help of learned reviewers. Insha’Allah this journal will be a journal having good index value in future.

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