Secondary Osteoporosis

The following factors are associated with development of secondary osteoporosis, which puts patients at particularly high risk for fragility fracture. These patients are excellent candidates for in-depth evaluation by the Spectrum Health Medical Group Bone Care & Osteoporosis Center.

**Diseases and Conditions**
- Premature menopause
- Paget's disease
- Chronic renal insufficiency
- Celiac disease
- Crohn's disease
- Bariatric surgery
- Anorexia nervosa
- Thyroid disease
- Hyperparathyroidism
- Male hypogonadism
- Diabetes mellitus
- Chronic obstructive pulmonary disease (COPD)
- Severe asthma
- Organ transplantation
- Liver disease
- Hypercortisolism
- Multiple myeloma
- Breast cancer
- Rheumatoid arthritis

**Medications**
- Steroids (5 mg or more for three or more months)
- Anticonvulsants
- Aromatase inhibitors
- Cyclosporine
- Heparin
- Lupron Depot®
- Depo-Provera®
- Methotrexate
- Lithium
- Proton pump inhibitors
- Selective serotonin reuptake inhibitors
- Thiazolidenediones
- Antirejection medications
Osteoporosis is serious. It’s also preventable and treatable. Early intervention is essential.

Risk Factors for Primary Osteoporosis
Caucasian or Asian race
Menopause
Family history of osteoporosis
Personal or family history of fragility fracture
Smoking
Alcohol abuse
Sedentary lifestyle
Vitamin D deficiency
Low calcium intake
Kidney stones containing calcium

Osteoporosis and Fragility Fracture Facts
Every 20 seconds another American breaks a bone as a result of osteoporosis.

More people in the U.S. suffer a fragility fracture each year than are diagnosed with a heart attack (MI), stroke or breast cancer combined.

Approximately 50 percent of women and 25 percent of men over age 50 will sustain a fragility fracture in their remaining lifetime.

An average of 24 percent of hip fracture patients age 65 and over die in the year following their fracture.