

Treatment Concepts and Controversies in Osteoporosis 2011

Kenneth G. Saag, M.D. M.Sc.

Jane Knight Lowe Professor of Medicine

Director, Center for Outcomes Effectiveness Research and Education (COERE) and Center for Education and Research on Therapeutics (CERTs) of Musculoskeletal Disorders

The University of Alabama at Birmingham

The epidemiology of osteoporosis and fractures appears to be changing internationally, perhaps in response to more widespread application of osteoporosis therapies. Important gaps still exist in effective osteoporosis screening and treatment. New controversies have emerged about the most effective use of calcium and vitamin D and new guidelines have recommended how much of these supplements to administer. Bisphosphonates continue to

be the mainstay of postmenopausal osteoporosis therapy. Long-term bisphosphonate safety coupled with prolonged clinical efficacy question the concept of a “drug holiday” for selected patients. There is new ideas on role and potential timing of teriparatide and denosumab. Improving mechanistic understanding of basic bone biology has led to development of new therapeutic targets in osteoporosis and future clinical agents may be forthcoming that target sclerostin and cathepsin K.