

CASE - OSTEOPOROSIS

Patient: Renata, aged 42, smokes 10 cigarettes a day, drinks 3 cups of coffee a day, occasionally drinks alcohol

Laboratory values: height 161 cm, weight 54 kg, TK 125/70

Personal history: Depo-provera used as a contraceptive, currently diagnosed with osteoporosis

Medical history: Depo-provera once a month

Tasks:

1. What are the general risk factors for osteoporosis? What risk factors can we find in this patient?
2. Is Depo-Provera the ideal contraceptive for this patient? Would you suggest any change and why?
3. Which drug classes can be used to treat osteoporosis? What are their main advantages / disadvantages?
4. What treatment for osteoporosis would you recommend to this patient? Design specific drugs, dose rate, dispensation minima.
5. What regimen and non-pharmacological measures would you recommend to this patient for the optimal treatment of osteoporosis?