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## REFERRAL FOR OSTEOPOROSIS TO A SPECIALIST IN RHEUMATOLOGY

Indications for referral include:

### ROUTINE REFERRAL TO A SPECIALIST

- Osteoporosis is unexpectedly severe or has unusual features at the time of initial assessment.
- Fracture or significant ongoing loss of BMD while on first-line therapy, despite good adherence.
- Secondary causes that are outside the scope of primary care.
- Suspected Vitamin D deficiency which cannot be assessed in primary care.
- Diagnostic difficulty.
- Intolerance of oral bone-sparing therapy
- Severe osteoporosis which may require specialised osteoporosis treatments e.g. teriparatide therapy, strontium ranelate.
- Other metabolic bone diseases such as osteomalacia or Paget's disease.
- Confirmed osteoporosis or «low trauma» fractures in men.

### Source:

1. ARC. Hands On 2007; 11:1-6.
2. RACGP - <https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/osteoporosis/recommendations/risk-factor-assessment-diagnosis-and-referral/referral-to-a-medical-specialist>