



LOMA VATA
HOLISTIC CARE

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GUIDE TO REQUESTING PATHOLOGY & RADIOLOGY TESTS

Osteoporosis in Adults:

For detailed information please visit the following links:

<https://www.nps.org.au/professionals/osteoporosis>

<https://academic.oup.com/jcem/article/105/3/587/5739968>

Suggested Pathology Tests to Screen For Secondary Causes of Osteoporosis:

FBC, ELFT Ca/Mg/PO₄

Parathyroid Hormone (PTH), ionised calcium, 25-OH-Vit D₃, 1,25-Dihydroxy-Vit D

Serum and urine electrophoretograms (EPP's or EPG's), immunofixation, free light chains

TSH, FT₄

Coeliac serology

Consider baseline P1NP & CTX measurements for monitoring

(C-terminal telopeptide of type 1 collagen (CTX) for bone resorption – Osteoclast activity,
and procollagen type 1 N propeptide (P1NP) for bone formation – Osteoblast activity)

If Cushing's Syndrome is suspected on clinical assessment as a secondary cause, suggest:

8 AM ACTH & Cortisol

24 hour urinary free cortisol + 2 to 3 x midnight salivary cortisol measurements one week
apart (if clinically indicated)

Suggested Radiology Tests:

DEXA BMD

*A diagnosis of Osteoporosis is not based on DEXA BMD measurements alone and regardless
of the DEXA BMD result, if there has been a minimal trauma fracture, then Osteoporosis is
present.

*The presence of osteophytes / degenerative bone disease may falsely increase DEXA BMD
measurements in the spine.

Consider a nuclear medicine bone scan if pathological fracture, malignancy or less common
causes of Osteoporosis are suspected based on clinical assessment

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