

<u>MEDICAL CONDITION</u>	<u>SUGGESTED SOLUTIONS</u>	<u>DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES</u>
<p><u>OSTEOPOROSIS/CALCIUM, AND VITAMIN D/ METABOLISM</u></p> <p>In 2005, \$19 billion was spent treating incident fractures and prevalent fractures in the United States.</p> <p>Prevalence of osteoporosis in the United States is expected to increase from 10 million to greater than 14 million in 2020.</p> <ul style="list-style-type: none"> • Nonvertebral fractures represented were responsible for 94% of the total cost. • 57% of the above costs were incurred by inpatient care. • 30% of the above costs were incurred by long term care. • 13% of the costs were incurred by outpatient care. <p>By 2025 osteoporosis related costs are projected to grow to \$25 billion yearly.</p> <p><i>Russell Burge, et al; J Bone Miner Res 2007;22: 465-475.</i> http://www.jbmr.org/doi/abs/10.1359/jbmr.061113</p> <p>In the year 2002, there were 1.5 million fractures related to osteoporosis.</p> <ul style="list-style-type: none"> • That resulted in 500,000 hospital admissions, 800,000 emergency room visits, 2.6 million physician visits, 180,000 nursing home admissions, and \$12 billion to \$18 billion in direct healthcare cost. <p><i>Preventing osteoporosis related fractures: an overview; American Journal of Medicine: Margery Gass et al. Volume 119 - Issue 4; Supplement 1: Page S3-S11 April 2006</i> http://www.amjmed.com/article/S0002-9343(05)01197-6/abstract</p> 	<p>Adequate exercise, calcium and vitamin D supplementation, appropriate screening for osteoporosis/osteopenia, with appropriate treatment according to the National Osteoporosis Foundation guidelines could possibly lead to 20% reduction in the current cost of treating fractures.</p>	<ul style="list-style-type: none"> • Maintain adequate Calcium/ Vitamin D levels and have your bone strength tested at recommended intervals to prevent or delay broken bones due to osteoporosis.