Updated recommendations include:

Assessment
Assess risk factors to perform FRAX:
Refer to guideline or FRAX tool for all FRAX risk factors. FRAX tool provides alcohol units definition

Additional risk factors:
Vitamin D deficiency or low dietary calcium intake
Inadequate physical activity
Loss of height (1.5 inches)
Family history of osteoporosis
Depo-Provera use
Aromatase inhibitor therapy
Androgen inhibitor therapy
Lupron therapy

Patients with fracture
Diagnosis and Treatment
Optimize calcium (1600 mg/d) and vitamin D₃ [cholecalciferol (1000 IU/d)] intake

This alert provides a brief summary of updated recommendations. Refer to the complete guideline for all recommendations and level of evidence.