## Treat the Patient, Not the T Score, Expert Advises

BY NANCY WALSH

New York Bureau

NEW YORK — While bone mineral density T scores clearly are predictive of a postmenopausal woman's osteoporotic fracture risk, treatment decisions should take into account other factors, including her overall health and history of previous fractures, Stephen Honig, M.D., said at a rheumatology meeting sponsored by New York University.

"We have to do better than the T score in deciding who needs treatment for osteoporosis, because the long-term use of bisphosphonates has not been determined to be safe," said Dr. Honig, director of the osteoporosis center at the Hospital for Joint Diseases Spine Center in New York.

Very long-term bisphosphonate therapy may lead to oversuppression of bone turnover, he said. This superhardening can hinder subsequent fracture healing, as was seen in a recent report of nine patients who sustained spontaneous, nonhealing fractures while on alendronate therapy (J. Clin. Endocrinol. Metab. 2005;90:1294-301).

These patients showed histomorphometric evidence of markedly suppressed bone formation, Dr. Honig said.

This new finding has heightened interest in targeting osteoporosis treatment. Research findings have begun to provide guidance on which patients can most benefit from treatment.

Most notable was the National Osteo-

porosis Risk Assessment (NORA) study, which enrolled 200,160 postmenopausal women aged 50 and older. In that study, bone mineral density (BMD) measurements were obtained at baseline, and the participants were followed for 1 year.

At follow up, one-third of all fractures and one-fifth of all hip fractures in particular occurred in women aged 50-64. Although the majority of fractures did occur in women 65 and older, the high number in the younger cohort "was a little surprising," said Dr. Honig.

In addition, 80% of the women who had fractures during NORA had T scores that

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were higher than -2.5 and therefore did not meet the World Health Organization definition of osteoporosis. Most fell between -1 and -2.5, the osteopenic range, he said.

"We want to identify patients at risk in

this middle range and not wait until they have obvious fractures," he said.

The NORA investigators subsequently followed 57,421 osteopenic women and developed an algorithm for determining risk. As it turns out, identifying patients with a previous fracture, a T score below −1.8, a self-reported health status of fair or poor, and poor mobility were all factors significantly predictive of fracture risk (Arch. Intern. Med. 2004;164:1113-20).

Another prospective study conducted in France followed 672 healthy postmenopausal women for more than 5 years, and found an annual incidence of osteoporotic fractures of 21 per 1,000 women per year (Bone 2003;32:78-85). The French investigators identified the key risk factors (in order of importance) to be: a past fracture, hip BMD, low physical activity, low grip strength, age over 65, maternal fracture history, and past falls.

Based on the available data and tools at hand, Dr. Honig recommends that clinicians now consider treatment for the following patients:

- ▶ Women 65 and older, with or without a history of fracture, who have low BMD or other risk factors, such as low BMI and family history.
- ▶ Women 50 and older with a previous fracture and a T score of -1.8 or less.
- ▶ Women in poor overall health with mobility problems and low BMD.
- ▶ Women with low BMD and increased markers of bone resorption.

But some key questions still remain unanswered, Dr. Honig said. How long can a bisphosphonate be used? When should teriparatide or a selective estrogen receptor modulator be used? And what place does hormone therapy have in treatment strategies?

Dr. Honig disclosed that he receives support from Eli Lilly & Co. and is on the speakers' bureau of Sanofi-Aventis.

References: 1. Data on file. Pfizer Inc., New York, NY. 2. IMS Health Inc; May 2004.

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IPITOR® (Normanian Calcium) Tables

Brief Summary of Prescribing Information

CONTRAINLEGATIONS. Acreb bord describes or unequiend persistent elevations of assum transaminases. Hyperencipility to any component of this medication, Pregnancy and Lactation—Athereademois is a order of the contraint of the property of the contraint of the property of the contraint of the contraint of the products of chestered biosymbosis are asserted components for final development (including profusion of services and contraints) of the automotion of the products of chestered biosymbosis are asserted components for final development (including profusion of services and chestered biosymbosis are asserted to pregnant women. Therefore, Inflored An enductase inhibitors are contrained and including contrained to the contrained from products of chestered to be pregnant women. Therefore, Inflored An enductase inhibitors are contrained and including contrained and including contrained and including contrained to the programs of the products of the policium of the products of the programs of the products of the programs of the products of the policium of the products of the programs of the products of the products

development was delayed (rotorod performance at 100 mg/kg/day and acoustic startle at 225 mg/kg/day, pinnae detachment and eye opening at 225 mg/kg/day). These doses correspond to 6 times 100 mg/kg/ and 22 times (225 mg/kg) the human AUC at 80 mg/day. The reports of congenital anomalies have been received following intrauterine exposure to HMG-CoA reductase inhibitors. There has been one report of severe congenital bony deformity, tracheo-esophageal fistula, and anal atrasia (VAIEF association) in a baby born to a woman who took lovastain with dextroamphetamine sulfate during the first trimester of pregnancy. LIPITOR should be daministered to women of child-bearing potential only when such patients are highly unlikely to conceive and have been informed of the potential hazards. If the woman becomes pregnant while taking LIPITOR, it should be discontinued and the patient advised again as to the potential hazards to the fetus. Nursing Mothers — Nursing rat pups had plasma and liver drug levels of 50% and 40%, respectively, of that in their mother's milk. Because of the potential for adverse reactions in nursing infants, women taking LIPITOR, should not breast-feed (see CONTRAINDICATIONS). Pediatric Use — Safety and effectiveness in patients 10-17 years of age with heteroxygous familial hypercholesterolemia have been evaluated in a controlled clinical trial of 6 months duration in adolescent boys and postmenarchal girls. Patients treated with ILPITOR had an adverse experience profile generally similar to that of patients treated with placeho, the most common adverse experiences observed in both groups, regardless of causality assessment, were infections. Doses greater than 20 mg have not been studied in this patient population, in his limited controlled study, there was no detectable effect on growth or sexual maturation in boys or on menstrual cycle length in girls (see CLINICAL PHARMAGOLOGY, Clinical Studies) to in tall prescribing information. Adolescent benzies and patients patients production, in his limited

Adverse Events in Placebo-Controlled Studies (% of Patients)					
BODY SYSTEM	Placebo	Atorvastatin	Atorvastatin	Atorvastatin	Atorvastatin
Adverse Event		10 mg	20 mg	40 mg	80 mg
	N = 270	N = 863	N = 36	N = 79	N = 94
BODY AS A WHOLE					
Infection	10.0	10.3	2.8	10.1	7.4
Headache	7.0	5.4	16.7	2.5	6.4
Accidental Injury	3.7	4.2	0.0	1.3	3.2
Flu Syndrome	1.9	2.2	0.0	2.5	3.2
Abdominal Pain	0.7	2.8	0.0	3.8	2.1
Back Pain	3.0	2.8	0.0	3.8	1.1
Allergic Reaction	2.6	0.9	2.8	1.3	0.0
Asthenia	1.9	2.2	0.0	3.8	0.0
DIGESTIVE SYSTEM					
Constipation	1.8	2.1	0.0	2.5	1.1
Diarrhea	1.5	2.7	0.0	3.8	5.3
Dyspepsia	4.1	2.3	2.8	1.3	2.1
Flatulence	3.3	2.1	2.8	1.3	1.1
RESPIRATORY SYSTEM					
Sinusitis	2.6	2.8	0.0	2.5	6.4
Pharyngitis	1.5	2.5	0.0	1.3	2.1
SKIN AND APPENDAGES					
Rash	0.7	3.9	2.8	3.8	1.1
MUSCULOSKELETAL SYSTEM					
Arthra <b>l</b> gia	1.5	2.0	0.0	5.1	0.0
Myalgia	1.1	3.2	5.6	1.3	0.0

Anglo-Scandinavian Cardiac Outcomes Trial (ASCOT)—In ASCOT (see CLINICAL PHARMACOLOGY, Clinical Studies in full prescribing information) involving 10,305 participants treated with LIPITOR 10 mg daily (n-5,168) or placebo (n-5,137), the safety and tolerability profile of the group treated with LIPITOR was comparable to that of the group treated with placebo during a median of 3.3 years of follow-up.

Body as a Whole: Chest pain, face edema, fever, neck rigidity, malaise, photosensitivity reaction, generaliz edema. Digestive System: Nausea, gastroenteritis, liver function tests abnormal, colitis, vomiting, gastriis, dry mouth, rectal hemorrhage, esophagitis, eructation, glossitis, mouth ulecration, anorexis, increased appetite, stomattis, biliary pain, cheiltis, duodenal ulcer, dysphagia, enteritis, melena, gum hemorrhage, stomach ulcer, tenesmus, ulcerative stomattis, hepatitis, pancreatitis, cholestatic jaundice. Respiratory System: Bronchitis, rhinitis, pneumonia, dyspnea, asthma, epistaxis. Nervous System: Insomnia, dizziness, paresthesia, somnolence, amnesia, abnormal dreams, biliod ectreased, emotional lability, incoordination, peripheral neuropathy, torticollis, facial paralysis, hyperkinesia, depression, hypesthesia, hypertonia, Musculoskeletal System: Arthritis, leg cramps, burstist, tenosynovitis, myasthenia, tendinous contracture, myositis. Skin and Appendages: Pruritus, contact dermatitis, alopecia, dry skin, sweating, acne, urticaria, ezcame, aseborrhea, skin ulcer. Urtogenial System: Urinary ract infection, urinary frequency, cystitis, hematuria, impotence, dysuria, kidney calculus, nocturia, epididymitis, fibrocystic breast, vaginal hemorrhage, albuminuria, breast enlargement, metorrhagia, nephritis, urinary frequency, cystitis, hematuria, impotence, dysuria, kidney calculus, nocturia, epididymitis, fibrocystic breast, vaginal hemorrhage, albuminuria, breast enlargement, metorrhagia, nephritis, urinary frequency, cystitis, demorrancy, and propertion, and Body as a Whole: Chest pain, face edema, fever, neck rigidity, malaise, photosensitivity reaction, generalize edema. Diaestive System: Nausea. gastroenteritis, liver function tests abnormal. colitis, vomiting, gastritis.

ee full prescribing information for additional information about LIPITOR.

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