

Osteoporosis: A Growing Primary Care Concern

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It has been more than a year when the first confirmed COVID-19 case was reported in Singapore on 23rd January 2020. The COVID-19 pandemic went on to massively assault healthcare systems throughout the world, the impact of which are multifaceted. From increased strain on manpower and infrastructures to tackle the number of infected patients to interruption in routine and preventive health care services, the management of chronic diseases including osteoporosis has inevitably evolved during this pandemic. N. R. Fuggle et al¹, through an IOF-NOF-ESCEO global survey, observed an increase in telemedicine consultations, delays in DXA scanning, interrupted supply of medications and reductions in parenteral medication delivery in the management of patient with osteoporosis. E. V. McCloskey et al² reported that during March–April 2020, the usage of online FRAX fracture risk assessments from 184 countries, fell by 23.1 percent and 58.3 percent respectively. Healthcare systems are over-stretched worldwide and preventing another fragility fracture is extremely important in any patient with osteoporosis. As recommended by International Osteoporosis Foundation, preventing falls is very crucial and do not discontinue any osteoporosis treatment.

In unit 1, Dr Vivien Lim will bring you through the tools available to screen and diagnose osteoporosis.

In unit 2, Dr Chionh Siok Bee will provide the latest international guidelines on the assessment of risk of fragility fracture in patients suspected of osteoporosis.

In unit 3, A/Prof Lau Tang Ching will bring us through the challenges in the discontinuation of osteoporosis treatment.

Under the ten selected readings, A/Prof Goh Lee Gan will allow readers to have more in-depth knowledge of the management of osteoporosis, including male osteoporosis management and comparison of various anti-osteoporosis agent strength in improving bone health.

Last but not least, Dr Lee Bing Long et al case report will bring us through a homegrown pathway to provide holistic care of psychiatric illness in National Servicemen in the primary care setting.

REFERENCES:

1. Fuggle NR, Singer A, Gill C, Patel A, Medeiros A, Mlotek AS, Pierroz DD, Halbout P, Harvey NC, Reginster JY, Cooper C, Greenspan SL. How has COVID-19 affected the treatment of osteoporosis? An IOF-NOF-ESCEO global survey. *Osteoporos Int.* 2021 Feb 8:1–7. doi: 10.1007/s00198-020-05793-3. Epub ahead of print. PMID: 33558957; PMCID: PMC7869913.
2. McCloskey EV, Harvey NC, Johansson H, Lorentzon M, Vandenput L, Liu E, Kanis JA. Global impact of COVID-19 on non-communicable disease management: descriptive analysis of access to FRAX fracture risk online tool for prevention of osteoporotic fractures. *Osteoporos Int.* 2021 Jan;32(1):39-46. doi: 10.1007/s00198-020-05542-6. Epub 2020 Oct 14. PMID: 33057738; PMCID: PMC7556595.