

2015/16 Batch
Pharmacology Tutorial- Locomotion
Metabolic Bone Disease and Joint Disease
23.12.2019– 8.00 a.m. to 10.00 a.m.

1. A 65-year old woman presents with low back pain for three months. She had menopause at the age of 52 years. She has no other long term health problems. Plain X-ray of lumbar spine showed wedge compression fracture of L1 vertebra. Bone mineral density measurement confirms osteoporosis of the lumbar spine.

Discuss the drug treatment of this patient.

2. A 30-year old woman presents with pain and swelling of small joints of both hands, wrist and ankle joints for three months. She has morning stiffness of joints lasting about 2 hours. The blood test for rheumatoid factor is positive.

Discuss the drug treatment of this patient.

Suggested reading

1. Black DM, Rosen CJ, Clinical Practice. Postmenopausal Osteoporosis. N Engl J Med. 2016 Jan 21;374(3):254-62
2. Pharmacological Management of Osteoporosis in Postmenopausal Women: An Endocrine Society Clinical Practice Guideline
J Clin Endocrinol Metab, May 2019, 104(5):1595–1622