

## T-Score and Treatment Guideline for Postmenopausal Women and Men >50 Years of Age\*

Adapted from No Bones About it – Osteoporosis – The Pharmacist’s Role

By Brooke Fidler, PharmD

Category	T-Score	Treatment
Normal	-1.0 or above	Treatment not needed
Low bone mass (osteopenia)	Between -1.0 and -2.5	Treatment may be needed depending on 10-year risk based on FRAX tool**
Osteoporosis	-2.5 or below	Treatment recommended for spine, total hip or femoral neck (exclude secondary causes)
Documented hip or spinal fracture		Treatment recommended