

Table 1**Routine Diagnostic Procedures in Osteoporosis Evaluation¹⁸**

Procedure	Objective
History and physical examination	Assess established risk factors for osteoporosis (Tables 2 and 3). Assess height loss as indication of presence of vertebral fractures.
Bone density measurement	Confirm presumptive diagnosis, assess severity of osteoporosis and risk of future fracture, and use as baseline for monitoring treatment
Laboratory tests: CBC, ESR, serum calcium, creatinine, albumin, phosphate, alkaline phosphatase, liver transaminases, protein electrophoresis, urinalysis, 25-hydroxyvitamin D	Exclude secondary causes of low bone mass and skeletal fragility (eg, multiple myeloma). Check for vitamin D deficiency.
Radiograph of thoracic and lumbar spine, particularly among individuals with back pain or height loss	Assess presence of vertebral fractures

CBC = complete blood count, ESR = erythrocyte sedimentation rate