PITTSBURGH OSTEOPOROSIS INITIATIVE: NEW TREATMENT GUIDELINES (PTIO) - a Randomized Controlled Trial (Paediatric Osteoporosis Study Group) to determine if and how BMDs and Z-scores are dependent on pred use, time and doses, and factors important for bone remodeling.

Background: Osteoporosis is a recognized health problem and the burden of the disease is mostly associated with the occurrence of hip and vertebral fracture.

Objectives: To evaluate the prevalence of osteoporosis in Italian postmenopausal women, defined as a decrease in BMD compared to age-matched healthy postmenopausal women. The data should be considered in relation to the need to increase prevention strategies and therapeutic intervention.

Methods:

- 1754 patients with juvenile dermatomyositis (JDM) were at risk of developing low bone mineral density (BMD) and not reaching peak bone mass, mainly due to prednisolone (pred) treatment [1], making them prone to osteoporotic fractures later in life.

- 34.8% of the patients had a low BMD in the total hip and/or spine, with a high 10 years fracture risk. A previous fracture is the most common risk factor. The data should be considered in relation to the need to increase prevention strategies and therapeutic intervention.

Results:

- The prevalence of osteoporosis as assessed by DeFRA was 29.8% in the whole population, according to literature. The frequency of a risk fracture equal or higher than 20% varies from 7.5% in the group aged 50-59 years to 35% in subjects aged >80. Among clinical risk factors for fracture, the presence of a previous fracture (spine primarily) was the most commonly observed.

Conclusion: Our data showed that about one third of post-menopausal women aged 50 and older in Italy has osteoporosis on the basis of DeFRA algorithm, with a high 10 years fracture risk. A previous fracture is the most common risk factor. The data should be considered in relation to the need to increase prevention strategies and therapeutic intervention.

Disclosure of Interests: None declared

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