

Question 24 – Week of May 21

Which of following patients with IBD does not require DEXA scan to screen for osteoporosis?

- A. 65 year old Caucasian male with history of crohn's disease on mesalamine for 10 years
- B. 35 year old Hispanic female with BMI19 with extensive crohn's disease for 15 years
- C. 40 year old Hispanic male with ulcerative colitis, steroid dependent on prednisone 20mg daily for the past year
- D. 50 year old African American male with ulcerative colitis for 30 years currently on azathioprine and mesalamine

Answer: D

AGA and ACG guidelines recommend DEXA scanning in IBD patients with one of the following risk factors: age greater than 60, postmenopausal women, BMI<20, corticosteroid treatment for 3months or recurrent doses of corticosteroids, family history of osteoporosis, heavy smoking or personal history of osteoporotic fracture.

Reference:

Kornbluth A, Am J Gastroenterol. 2006 Jul;101(7):1546-50.