

The ABONE (Age Body Size No Estrogen) Score to Select Women for Osteoporosis Screening

Overview:

Weinstein and Ullery developed a simple screening score for identifying women who should be screened for osteoporosis. The acronym ABONE was applied for the score components (Age Bulk Or Never Estrogen). The authors are from the Medical College of Ohio in Toledo.

Parameters:

(1) age

(2) body weight at menopause

(3) estrogen therapy either as estrogens or in oral contraceptives

Parameter	Finding	Points
age	≤ 65 years	0
	> 65 years	1
body weight at menopause	< 63.6 kg (140 pounds)	1
	≥ 63.6 kg	0
estrogen therapy	"never used" (estrogen exposure ≤ 6 months as either oral contraceptives or estrogen therapy)	1
	estrogen exposure > 6 months	0

where:

- Estrogen exposure is somewhat ambiguous especially if referring to Table 1 in Cadarette et al. Weinstein and Ullery appear to be referring to total duration of estrogenic therapy either as oral contraceptives or direct estrogen therapy. Thus a woman using oral contraceptives for 4 months and oral estrogen for 3 months would be considered to have > 6 months of therapy.

ABONE score =

= SUM(points for all 3 items)

Interpretation:

- minimum score: 0
- maximum score: 3

- A woman with a score ≥ 1 was identified for osteoporosis screening (In Table 1 from Cadarette et al this is listed as ≥ 2).

References:

Cadarette SM Jaglal SB et al. Evaluation of decision rules for referring women for bone densitometry by dual-energy X-ray absorptiometry. JAMA. 2001; 286: 57-63. (Table 1 page 59)

Weinstein L Ullery B. Identification of at-risk women for osteoporosis screening. Am J Obstet Gynecol. 2000; 183: 547-549.

