

## The Simplified Calculated Osteoporosis Risk Estimation (SCORE) to Help Identify Women at Risk for Low Bone Density

Overview:

The Simplified Calculated Osteoporosis Risk Estimation (SCORE) can be used to determine if a woman should be evaluated for osteoporosis by bone densitometry. This is intended to make screening more cost-effective.

6 questions:

- (1) age
- (2) race
- (3) body weight in pounds
- (4) history of rheumatoid arthritis
- (5) history of estrogen therapy
- (6) types of nontraumatic fractures after the age of 45

Question	Finding	Points
race	if patient is not Black	5
	if patient is Black	0
rheumatoid arthritis	if the patient has rheumatoid arthritis	4
	if the patient does not have rheumatoid arthritis	0
history of fractures		((number of nontraumatic fracture types after age 45) * 4) maximum 12
age		$3 * (\text{INTEGER} ((\text{age}) / 10))$
estrogen therapy	if the patient has a history of estrogen therapy	-1
	if the patient has never received estrogen therapy	1
weight		$(-1) * (\text{INTEGER} ((\text{weight in pounds}) / 10))$

where

- The fracture types are wrist rib and hip; the maximum number is 3.

simplified calculated osteoporosis risk estimation (SCORE) =

= SUM(points for the 6 questions)

Interpretation:

- Threshold value: 6
- If SCORE > 6 then woman should be referred for bone densitometry.

References:

Lydick E Cook K et al. Development and validation of a simple questionnaire to facilitate identification of women likely to have low bone density. *Am J Managed Care*. 1998; 4: 37-48.