

## The FRAX® Tool - Updates

NOF's *Clinician's Guide* applies the algorithm on absolute fracture risk called FRAX® by the World Health Organization (WHO). FRAX® is also called 10-year fracture risk model and 10-year fracture probability. This algorithm estimates the likelihood of a person to break a bone due to low bone mass or osteoporosis over a period of 10 years. Absolute fracture risk calculations help to resolve many of the questions about management for people with low bone mass, also called osteopenia. These are individuals with a T-score between - 1.0 and -2.5 on their bone mineral density (BMD) test.

A significant and very useful update has been made to the FRAX® tool.

Previously, the individual's femoral neck T-score required adjustment prior to entering it into the FRAX® algorithm, and the FRAX® Patch was needed to do this. Now, the computations of the FRAX® Patch have been integrated into the FRAX algorithm itself, simplifying the process of calculating absolute fracture risk and making the calculation a one-step process.

Instead of entering the femoral neck T-score into the algorithm, you now first indicate the name of the DXA manufacturer (GE Lunar, Hologic or Norland, which should be on the DXA report) at the prompt and enter the femoral neck BMD value in units of g/cm<sup>2</sup> (also on the DXA report). When you hit the calculate button at the end of this process and obtain the absolute fracture risk numbers, you will also notice that next to where you entered the BMD value a T-score is given, which is the FRAX® adjusted T-score you would have obtained previously using the FRAX® patch.

Physicians and health professionals who are calculating absolute fracture risk using FRAX® may access the algorithm either from the NOF website at <http://www.nof.org/> at or go directly to the FRAX® website at <http://www.shef.ac.uk/FRAX/>.

NOF will continue to provide updates as indicated.