

April 17, 2012



### **Department of medical imaging**

Grand River Hospital is pleased to announce our bone mineral density program has been recognized as an accredited program by the Ontario Association of Radiologists (OAR) on April 17, 2012. Accreditation validates that our program continues to provide your patients the highest quality of care.

The Ministry of Health has recently adopted new guidelines impacting patient eligibility for OHIP funded bone density examinations. Patients who are deemed ineligible by OHIP may be billed directly.

### **OHIP WILL COVER**

#### **1. Persons at high risk for osteoporosis**

OHIP covers annual BMD tests for individuals at high risk for osteoporosis and future fractures.

#### **High risk patient**

- High risk patients are at risk for accelerated bone loss
- Osteopenia/Osteoporosis/ $> 1\%$  bone loss/yr on previous imaging
- Vertebral compression fracture
- Parental hip fracture
- Patients at risk for accelerated bone loss (eg. systemic Prednisone therapy of  $> 3$  month duration, Previous fragility fracture after age 40)
- Malabsorption syndrome
- Use of high-risk medications such as aromatase inhibitors or androgen deprivation therapy
- Early menopause (before age 45)
- Primary hyperthyroidism
- Hypogonadism
- Primary hyperparathyroidism
- Propensity to fall
- Other disorders and major risk factors strongly associated with rapid bone loss and/or fracture except age 65 as outlined in the MOH and Long-Term Care's OHIP Schedule of Benefits BMD Fact Sheet

For the purpose of accurate comparisons, successive BMD exams are best performed on the same machine at the same site.

**Reference:** OHIP guidelines for ordering BMD exams may be found at the Ministry of Health and Long-Term care website at <http://www.health.gov.on.ca>

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## **2. Persons at low risk for osteoporosis**

Individuals at low risk are eligible for a baseline BMD test and a second BMD test 36 months after the baseline. The third and subsequent BMD tests for low-risk individuals are insured by OHIP once every 60 months

### **Low risk patient**

- Rheumatoid arthritis,
- Past history of clinical hyperparathyroidism
- Chronic anticonvulsant therapy,
- Low dietary calcium or vitamin D intake
- Smoker, excessive alcohol intake
- Excessive caffeine intake
- Weight < 57 kg, chronic heparin therapy
- Weight loss > 10 of weight at age 25, etc.

### **Pediatric BMD testing**

High Risk children 5-19 years of age are eligible for BMD testing. A Radiologist consultation is required for children age 5-12.

**The 2010 clinical practice guidelines for the diagnosis and management of osteoporosis in Canada can be found at: <http://www.cmaj.ca/cgi/content/full/182/17/1864>**

**When completing the requisition for your patient document all risk factors and the date of previous BMD tests**

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