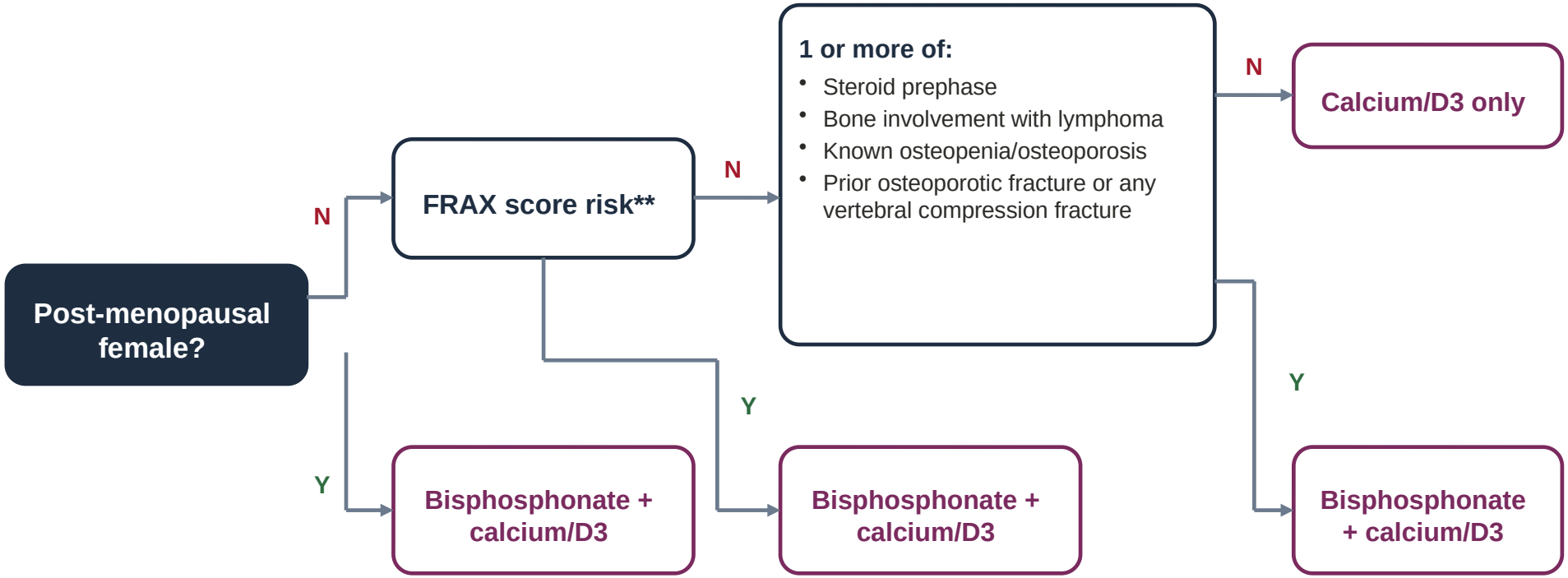
Wessex Haematology NETWORK

LYMPHOMA SUPPORTIVE CARE

Bone protection with steroid-dense therapy

Patients with lymphoma having steroid-dense therapies* (> 680 mg total dose prednisolone equivalent)



All patients ≥ 50 years should be offered Adcal-D3 TT daily for six months.

Offer: alendronic acid 70 mg PO weekly for six months, or zoledronic acid 5 mg IV as a single dose within the first two cycles if alendronate intolerant/contraindicated.

Dental assessment: consider in all patients before bisphosphonate therapy, or at least in current smokers and those with poor dentition. Document patient consent.

Denosumab: consider in post-menopausal females who meet NICE criteria and cannot have bisphosphonates due to inadequate renal function.

DEXA scan: offer six months after starting lymphoma therapy and consider referral to primary care for ongoing management of fracture risk.

***** > 7.5 mg/day over 3 months (e.g. R-CHOP, R-CVP, but not ABVD).

****** Defined as estimated fracture risk ≥ 1% hip, ≥ 10% other major osteoporotic fracture. Calculate the FRAX score