

# ICD-10 M81.0: Age-Related Osteoporosis Without Current Pathological Fracture

Osteoporosis, a prevalent bone disease characterized by reduced bone mineral density and compromised bone strength, significantly impacts the health and well-being of individuals, particularly in the elderly population. The International Classification of Diseases, Tenth Revision (ICD-10), assigns the code M81.0 to age-related osteoporosis without current pathological fracture.



## ICD 10 M810 - Age - related osteoporosis without current pathological fracture - Dexur Data & Statistics

**Reference Guide** by Ellie Sabine

★★★★☆ 4 out of 5

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## Clinical Significance

Age-related osteoporosis, categorized under M81.0, is a common condition affecting millions worldwide. It primarily affects postmenopausal women and elderly individuals, with an increased risk in those with a family history of osteoporosis or low body weight. This condition can lead to debilitating

complications, including increased susceptibility to fractures, particularly hip, wrist, and vertebral fractures.

## **Diagnostic Criteria**

According to the World Health Organization (WHO), the diagnostic criteria for age-related osteoporosis (M81.0) include:

- Reduced bone mineral density (BMD) as measured by dual-energy X-ray absorptiometry (DXA) or other validated methods.
- T-score of -2.5 or less at the hip or spine, indicating significant bone loss compared to young, healthy adults.
- Absence of a current pathological fracture.

It's important to note that the diagnosis of osteoporosis is not solely based on BMD measurements but also considers clinical risk factors and the presence of fragility fractures.

## **Treatment Strategies**

The primary goal of treating age-related osteoporosis (M81.0) is to prevent fractures and maintain bone health. Treatment strategies typically involve a combination of pharmacological and non-pharmacological interventions:

### **Pharmacological Therapies**

- **Bisphosphonates:** These drugs inhibit bone resorption, the process by which old bone is broken down, thus preserving bone mass and reducing fracture risk.

- **Denosumab:** A monoclonal antibody that targets and inhibits the RANKL protein, which plays a role in bone resorption.
- **Teriparatide:** A synthetic form of parathyroid hormone that stimulates bone formation.

## Non-Pharmacological Interventions

- **Calcium and Vitamin D Supplementation:** Adequate intake of calcium and vitamin D supports bone health and mineralization.
- **Exercise:** Weight-bearing and resistance exercises can promote bone formation and strengthen muscles.
- **Lifestyle Modifications:** Avoiding tobacco and excessive alcohol consumption, maintaining a healthy weight, and reducing falls risk are all essential for osteoporosis management.

## Prevention

Preventing osteoporosis and reducing the risk of fractures is crucial, especially as individuals age. Preventive measures include:

- Maintaining a calcium-rich diet and ensuring adequate vitamin D intake.
- Engaging in regular exercise, particularly weight-bearing activities.
- Avoiding smoking and excessive alcohol consumption.
- Consulting with a healthcare provider to assess individual risk and discuss preventive strategies.

ICD-10 code M81.0 represents age-related osteoporosis without current pathological fracture, a condition characterized by reduced bone mineral density and increased fracture risk. Understanding the clinical significance, diagnostic criteria, and treatment strategies for this condition is essential for healthcare professionals involved in osteoporosis management. A multidisciplinary approach, including pharmacological therapies, non-pharmacological interventions, and preventive measures, is crucial to maintain bone health, prevent fractures, and improve the quality of life for individuals affected by osteoporosis.



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