COPYRIGHT © BY THE JOURNAL OF BONE AND JOINT SURGERY, INCORPORATED

http://dx.doi.org/10.2106/JBJS.19.00999

The following content was supplied by the authors as supporting material and has not been copy-edited or verified by JBJS.

Supplementary Table 1: Medication List*

	Female (n=103)	Male (n=21)	Total (n=124)
Osteoporosis Medications			
Bisphosphonates	14 (14)	1 (5)	15 (12)
IV	2 (2)	0 (0)	2 (2)
Oral	12 (12)	1 (5)	13 (10)
PTH Analogs	10 (10)	5 (24)	15 (12)
Calcium Supplementation	49 (48)	3 (14)	52 (42)
Vitamin D Supplementation	86 (83)	18 (86)	104 (84)
Acetaminophen	54 (52)	13 (62)	67 (54)
Anticoagulants	6 (6)	4 (19)	10 (8)
Antihypertensives	61 (59)	19 (90)	80 (65)
Aromatase Inhibitors	2 (2)	0 (0)	2 (2)
Barbiturates	2 (2)	0 (0)	2 (2)
Chemotherapeutics	2 (2)	0 (0)	2 (2)
Non-Steroidal Anti Inflammatory (NSAID)	65 (63)	15 (71)	80 (65)
Tamoxifen	1 (<1)	0 (0)	1 (<1)
Thiazolidinediones or Other Diabetes Medications	12 (12)	5 (24)	17 (14)
Thyroid Hormone Replacement	24 (23)	3 (14)	27 (22)

*Data reported as number (%) of patients

COPYRIGHT © BY THE JOURNAL OF BONE AND JOINT SURGERY, INCORPORATED

http://dx.doi.org/10.2106/JBJS.19.00999

Supplementary Table 2: Co-morbidities of Bone Health Optimization Patients			
	Females (n=103)	Males (n=21)	Total (n=124)
Renal Failure (stage III CKD or worse)	9 (9)	2 (10)	11 (9)
Diabetes	15 (15)	4 (19)	19 (15)
Rheumatoid Arthritis	12 (12)	2 (10)	14 (11)
Celiac Disease	3 (3)	0 (0)	3 (2)
Primary Hyperparathyroidism	4 (4)	0 (0)	4 (3)
Monoclonal Gammopathy of Undetermined Significance	0 (0)	1 (5)	1 (< 1)
*Data reported as number (%) of patients			

COPYRIGHT © BY THE JOURNAL OF BONE AND JOINT SURGERY, INCORPORATED

http://dx.doi.org/10.2106/JBJS.19.00999

Supplementary Table 3: Laboratory Assessment at Initial Bone Health Optimization Consult		
	Number of Patients	Mean ± SD
Parathyroid Hormone (23-97 pg/mL)	*N=105*	55.25 ± 23.51
Normal	93	
Hypoparathyroid	5	
Hyperparathyroid	7	
Calcium (8.4-10.2 mg/dL)	*N=124*	9.59 ± 0.46
Normal	117	
Hypocalcemia	2	
Hypercalcemia	5	
Vitamin D, 25-hydroxy (30-80 ng/dL)	*N=120*	42.42 ± 13.82
Normal (> 30)	98	
Insufficient (20-30)	20	
Deficient (< 20)	2	
Creatinine (M 0.73-1.18 mg/dL, F 0.55-1.02 mg/dL)	*N=124*	M 0.97 ± 0.21
Normal	101	F 0.83 ± 0.22
Low	10	
High	13	
Thyroid Stimulating Hormone (0.35-4.94 uIU/mL)	*N=117*	2.13 ± 3.17
Normal	113	
Hypothyroid	2	
Hyperthyroid	2	
Hemoglobin (M 13.6-17.2 g/dL, F 11.6-15.6 g/dL)	*N=123*	M 13.51 ± 1.78
Normal	89	F 12.52 ± 1.68
Anemic	34	