

## PAGET DISEASE OF THE BONE

### It's Estimated That 1% of Adults in the U.S. Have Paget's Disease

#### It Usually Affects Those Aged Over 40 Years and Most Often Affects the Pelvis, Femur, and Lower Lumbar Vertebrae

Paget's disease is a chronic condition of bone characterized by disorder of the normal bone remodeling process. As a result, the bone that is formed is abnormal, enlarged, not as dense, brittle, and prone to breakage (fracture).

This resource is intended to help educate patients on Paget disease of the bone symptoms, diagnosis and treatment options.

#### 01 | Paget Disease Symptoms

Approximately 70-90% of people with Paget disease are asymptomatic; however some individuals experience various symptoms, including the following:

- Bone pain (the most common symptom)
- Secondary osteoarthritis (when Paget disease occurs around a joint)
- Bony deformity (most commonly bowing of an extremity)
- Tingling and weakness
- Excessive warmth (due to hypervascularity)
- Neurologic complications (caused by the compression of neural tissues)

#### 02 | Diagnosis

There are three tests that are commonly used to discover Paget's disease. An x-ray, blood test, and bone scan.

**Blood test (measurement of serum alkaline phosphatase)** - Sometimes blood test results are what first alert doctors to the possibility that a person has Paget's disease. When blood contains a higher-than-usual level of a chemical substance called serum

alkaline phosphatase (SAP), it is a sign that the disease may be present.

**X rays** - In x-ray images, bones affected by Paget's disease have a particular appearance that is different from other bones.

**Bone scan**- A bone scan is a test that helps identify which bones have been affected by Paget's disease. The procedure is also a useful way to determine the extent and activity of the disease.

Healthcare providers will use x-rays alone, or with a blood test or bone scan, to confirm whether or not a person has Paget's disease of bone.

#### 03 | Treatment

Paget's disease is treated with medicine and sometimes surgery.

Diet and exercise may also help to maintain strong bones. For additional resources on Paget disease of the bone, please visit: <http://www.niams.nih.gov/>

*Did You Know?  
Paget's disease typically  
occurs in an older population*

#### References

[http://www.niams.nih.gov/Health\\_Info/Bone/Pagets/overview.asp](http://www.niams.nih.gov/Health_Info/Bone/Pagets/overview.asp)

<http://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Pagets-Disease-of-Bone>