

UpToDate é uma fonte de informação na área da saúde, baseada em evidências médicas revisadas, dedicada à síntese de conhecimentos para utilização de médicos e pacientes. Fornece informações aos clínicos de como tratar adequadamente seu paciente. É abrangente e atualizada, mantendo-o informado das mais recentes novidades clínicas.

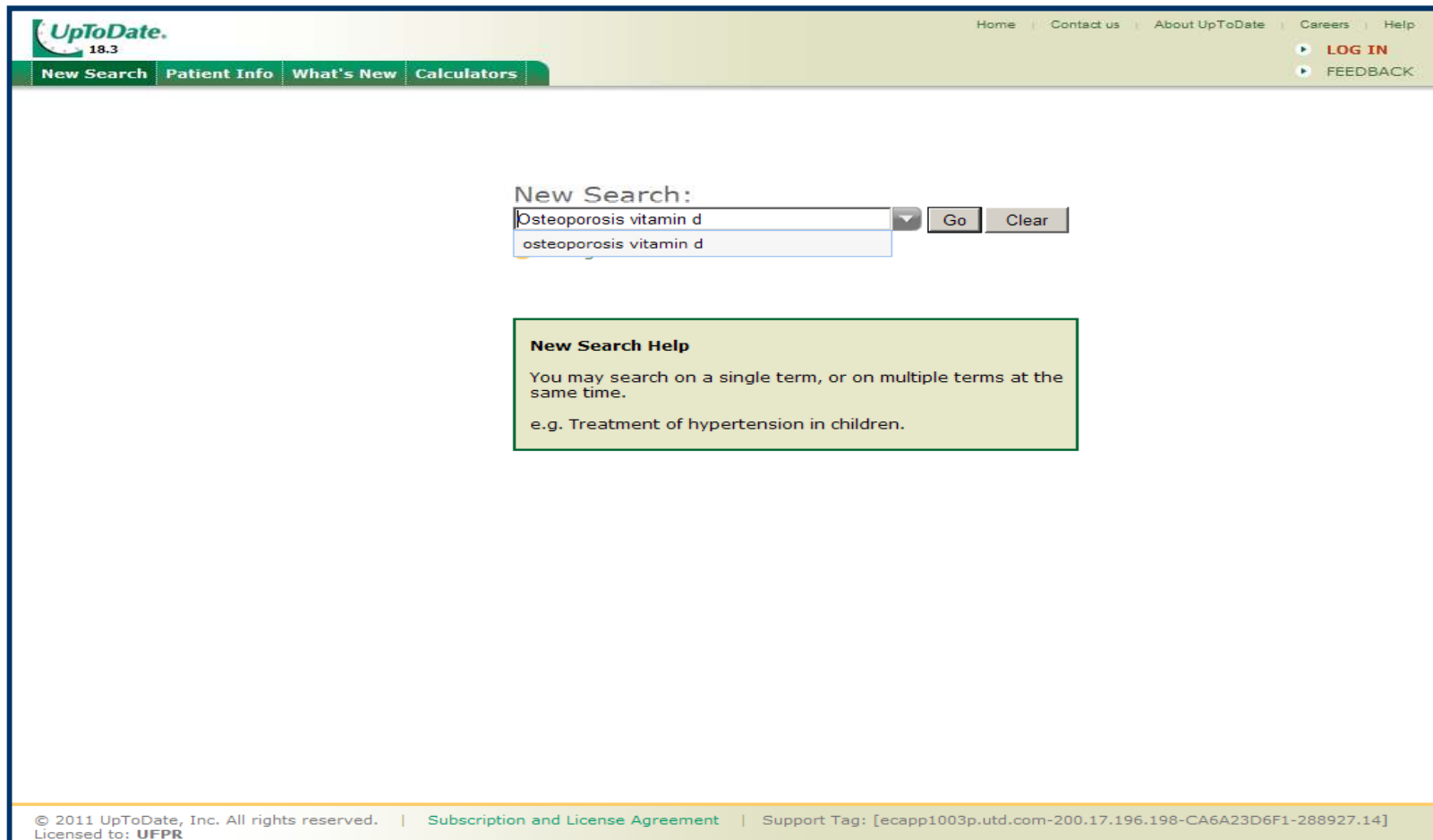
## Login para UpToDate online

- [www.uptodate.com/online](http://www.uptodate.com/online)
  - O acesso é restrito aos computadores da UFPR sendo possível o acesso doméstico pela conexão doméstica, acesso ao tutorial para a conexão doméstica:  
<http://urele.com/gCh>



**PESQUISANDO NA UPTODATE**

**A home page da UpToDate**  
(Na caixa de busca, digite uma frase de pesquisa com um ou mais termos em seguida clique em “Go”)



The screenshot shows the UpToDate website interface. At the top left is the UpToDate logo with the version number 18.3. To the right of the logo are navigation links: Home, Contact us, About UpToDate, Careers, and Help. Below the logo is a green navigation bar with buttons for New Search, Patient Info, What's New, and Calculators. On the right side of the page, there are links for LOG IN and FEEDBACK. The main content area features a search section titled "New Search:" with a text input field containing "Osteoporosis vitamin d", a dropdown arrow, and "Go" and "Clear" buttons. Below the search field is a "New Search Help" box with the text: "You may search on a single term, or on multiple terms at the same time. e.g. Treatment of hypertension in children." At the bottom of the page, there is a footer with copyright information: "© 2011 UpToDate, Inc. All rights reserved. | Subscription and License Agreement | Support Tag: [ecapp1003p.utd.com-200.17.196.198-CA6A23D6F1-288927.14] Licensed to: UFPR".

## Informações adicionais sobre termos de busca

UpToDate geralmente reconhece sinônimos comuns, siglas e acrônimos. Por exemplo, a busca DRGE retornará resultados para doença do refluxo gastroesofágico.

UpToDate procura automaticamente em todas as especialidades incluídas.

UpToDate fornece totalmente referenciado e atualizado informação que aborda questões específicas da clínica e faz recomendações clínicas. No entanto, UpToDate não é uma busca no Medline. Portanto, o nome de um autor, periódico, ou um ano não é um termo de pesquisa válido.

**Na página de resultados da pesquisa (próximo slide), siga um dos seguintes procedimentos:**

Clique no título de um tópico para mostrar a estrutura desse tópico.

Coloque o cursor do mouse sobre um título do tópico para mostrar sua estrutura, desta maneira você poderá rapidamente visualizar. Na coluna a direita, a estrutura de cada tópico.

Ao clicar em um dos procedimentos acima aparecerá a tela de **“Subscription and License Agreement”** clique em **“Accept”** aparecerá a lista dos tópicos.

# Exemplo:

The screenshot shows the UpToDate website interface. At the top, there is a search bar with the text "Osteoporosis vitamin d" and a search button. Below the search bar, the search results are displayed. The first result is "Calcium and vitamin D supplementation in osteoporosis", which is highlighted with a red box. To the right of the search results, there is a "Topic Outline" panel. The outline includes sections such as "INTRODUCTION", "EFFICACY", "OPTIMAL INTAKE", "DIETARY SOURCES", "SUPPLEMENTS", "INFORMATION FOR PATIENTS", "SUMMARY AND RECOMMENDATIONS", and "GRAPHICS". The "EFFICACY" section is expanded, showing sub-sections like "Observational data" and "Randomized trial data".

UpToDate  
18.3

Search Results for "Osteoporosis vitamin d"  
Click related term for osteoporosis : osteoporosis

Calcium and vitamin D supplementation in osteoporosis

- Treatment of vitamin D deficient states
- Causes of vitamin D deficiency and resistance
- Overview of the management of osteoporosis in postmenopausal women
- Overview of vitamin D
- Screening for osteoporosis
- Vitamin D and extraskeletal health
- Epidemiology and etiology of premenopausal osteoporosis
- Pathogenesis of osteoporosis
- Evaluation and treatment of premenopausal osteoporosis
- Osteoporosis after solid organ or stem cell transplantation
- Vitamin supplementation in disease prevention
- The ketogenic diet
- Epidemiology and etiology of osteoporosis in men
- Parathyroid exploration for primary hyperparathyroidism
- Treatment of osteoporosis in men
- Prevention of osteoporosis
- Vitamin D: Natural drug information
- Prevention and treatment of glucocorticoid-induced osteoporosis
- Denosumab for osteoporosis
- Metabolic bone disease in primary biliary cirrhosis

Topic Outline

INTRODUCTION

EFFICACY

- Observational data
- Randomized trial data
  - Calcium versus vitamin D

OPTIMAL INTAKE

DIETARY SOURCES

- Calcium
- Vitamin D

SUPPLEMENTS

- Calcium
  - Dosing
  - Side effects
- Vitamin D
  - Adverse effects
- Coexisting medical problems
  - Vitamin D deficiency
  - Primary hyperparathyroidism
    - \_ Underlying gastrointestinal disease
    - Proton pump inhibitor therapy
    - Diuretic therapy
    - Cystic fibrosis
    - Granulomatous diseases

INFORMATION FOR PATIENTS

SUMMARY AND RECOMMENDATIONS

GRAPHICS

FIGURES

- Calcium intake and balance



Para exibir o conteúdo do tópico selecionado  
Clique diretamente em um dos itens.

The screenshot displays the UpToDate website interface. At the top, there is a search bar containing the text 'VITAMIN D' and a 'Search' button. Navigation links for 'Home', 'Contact us', 'About UpToDate', 'Careers', and 'Help' are visible. Below the search bar, there are tabs for 'New Search', 'Patient Info', 'What's New', and 'Calculators'. The main title of the article is 'Calcium and vitamin D supplementation in osteoporosis'. On the left side, a 'TOPIC OUTLINE' sidebar lists various sections, with 'INTRODUCTION' highlighted by a red box. The main content area shows the article title, author information (Hillel N Rosen, MD), section editors (Clifford J Rosen, MD and Kenneth E Schmader, MD), and a deputy editor (Jean E Mulder, MD). Below this, it states 'Last literature review version 18.3: Setembro 2010' and 'This topic last updated: Agosto 27, 2010'. The 'INTRODUCTION' section is highlighted with a red box and contains the following text: 'Osteoporosis is a disorder of bone characterized by reduced mineral density and bone mass. Multiple therapeutic regimens have been designed to prevent or treat bone loss in postmenopausal women and the elderly. The first step in the prevention or treatment of osteoporosis is ensuring adequate nutrition, particularly maintaining an adequate intake of calcium and vitamin D. Adequate calcium and vitamin D nutrition is important in people of all ages, especially in children and the elderly [1-3]. In the latter group, for example, the administration of calcium and vitamin D reduces the rate of bone loss and may decrease fracture risk [3]. In this same population, calcium and vitamin D supplementation also reduces tooth loss [4]. Calcium and vitamin D supplementation in the treatment of osteoporosis will be reviewed here. Detailed information regarding pharmacologic therapy and the role of calcium in the pathogenesis of osteoporosis is discussed separately. (See "Overview of the management of osteoporosis in postmenopausal women" and "Treatment of osteoporosis in men" and "Pathogenesis of osteoporosis".) EFFICACY — Calcium and vitamin D are necessary for normal skeletal homeostasis. Vitamin D enhances intestinal absorption of calcium. Low concentrations of vitamin D are associated with impaired calcium absorption, a negative calcium balance, and a compensatory rise in parathyroid hormone, which results in excessive bone resorption. Careful calcium balance studies have shown that calcium balance is related to calcium intake; the less calcium one takes in, the more negative the calcium balance. This can be reversed by increasing calcium intake and maintaining adequate vitamin D stores. In general, calcium balance becomes positive at an average calcium intake of 1000 mg/day in premenopausal women and 1500 mg/day in postmenopausal women who do not take estrogen (figure 1) [5]. The importance of adequate calcium and vitamin D intake for skeletal health is supported by several observational studies and by randomized trial data.' At the bottom of the page, there is a feedback prompt: 'Help improve UpToDate. Did UpToDate answer your question?' with 'Yes' and 'No' options.

## Informações adicionais sobre o conteúdo do texto

No conteúdo do tópico selecionado aparecerá algumas palavras em verde que podem ser acessadas para obter maiores informações, abaixo relacionamos algumas delas:

- **Author** – informações complementares sobre o autor
- **[6-8]** – remete para as referências de 6 a 8
- **(See Pathogenesis of osteoporosis.. )** – remete para um novo tópico
- **Figure** – visualização da figura
- **Grade (grau)** – nas recomendações é comum que o autor do artigo ou tópico indique o grau de recomendação e evidência do tópico de acordo com as referências pesquisadas. No slide seguinte são descritos os graus de recomendações e evidências.

## Graus de recomendações e evidências

### Graus de Recomendação

1. forte recomendação: benefícios compensam claramente os riscos e encargos (ou vice-versa) para a maioria, senão todos, os pacientes
2. recomendação Fraco: Benefícios e riscos de perto equilibrada e / ou incerta.

### Graus Evidência

- A. provas de alta qualidade: a evidência consistente de estudos randomizados, ou provas contundentes de alguma outra forma
- B. Evidência moderada qualidade: Evidência de estudos randomizados, com limitações importantes, ou evidência muito forte de alguma outra forma
- C. evidência de baixa qualidade: Evidências de estudos observacionais, não sistemáticos observações clínicas, ou a partir de estudos randomizados com falhas graves.

Exemplo: Grade2b = Grau de recomendação 2 e grau de evidência B

# Exemplo

The screenshot shows a Windows Internet Explorer browser window displaying the UpToDate website. The address bar shows the URL: <http://www.uptodate.com/contents/calcium-and-vitamin-d-supplementation-in-osteoporosis?source=search>. The search bar contains the text "vitamin d". The page title is "Calcium and vitamin D supplementation in osteoporosis".

The main content area is titled "Calcium and vitamin D supplementation in osteoporosis" and includes the following sections:

- Vitamin D**
  - Adverse effects
- Coexisting medical problems**
  - Vitamin D deficiency
  - Primary hyperparathyroidism
  - Underlying gastrointestinal disease
  - Proton pump inhibitor therapy
  - Diuretic therapy
  - Cystic fibrosis
  - Granulomatous diseases
- INFORMATION FOR PATIENTS**
- SUMMARY AND RECOMMENDATIONS**
- REFERENCES**
- GRAPHICS**
- FIGURES**
  - Calcium intake and balance
  - Risk of hip fx Vit D vs pbo
  - Hip fx Vit D Ca vs pbo

The text under "Granulomatous diseases" states: "Individuals with granulomatous diseases, such as sarcoidosis, are often treated with glucocorticoids and therefore have an increased risk of osteoporosis. However, they also tend to have hypercalcemia and hypercalciuria due to extrarenal production of calcitriol by activated macrophages and consequent increased intestinal absorption of calcium. (See "Hypercalcemia in granulomatous disease".) In patients with sarcoidosis and osteoporosis, serum and urinary calcium and vitamin D concentrations must be carefully monitored if supplements are required [82]."

The text under "INFORMATION FOR PATIENTS" states: "Educational materials on this topic are available for patients. (See "Patient information: Calcium and vitamin D for bone health".) We encourage you to print or e-mail this topic review, or to refer patients to our public web site, [www.uptodate.com/patients](http://www.uptodate.com/patients), which includes this and other topics."

The text under "SUMMARY AND RECOMMENDATIONS" states: "Adequate calcium and vitamin D intake can result in positive calcium balance and a reduction in the rate of loss of bone; the effect upon fracture risk is less clear, although combined calcium and vitamin D supplementation appears to reduce fracture risk. Calcium and vitamin D supplementation are relatively inexpensive, and seem reasonable to recommend in patients with a low dietary intake. (See "Efficacy" above.)"

The text under "REFERENCES" states: "We suggest calcium and vitamin D supplementation in patients with osteoporosis and inadequate dietary intake (Grade 2B). In postmenopausal women, 1200 mg of elemental calcium daily, total diet plus supplements, and 800 international units of vitamin D daily are suggested. (See "Optimal Help Improve UpToDate. Did UpToDate answer your question?" • Yes • No

# Procurando por informações sobre drogas

UpToDate inclui um banco de dados de informação sobre droga que contém informações sobre a dosagem de medicamentos, interações, efeitos adversos, e teor de fármaco-relacionada.

Você pode pesquisar um nome da droga como se fosse procurar por qualquer outro termo médico em UpToDate. Pesquisando em um nome do medicamento irá retornar informações do banco de dados de informações tanto da droga e quaisquer outros temas UpToDate que contêm informações relacionadas a essa droga.

Outra forma de pesquisar um nome de medicamento é acessando direto a base “Drug Interactions”



Lilia Maria Bitar Neves  
lilia@ufpr.br

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