

Steps to Take When You Know Your Fracture Risk

LOW FRACTURE RISK

MODERATE FRACTURE RISK

HIGH FRACTURE RISK

Step 1: Talk to Your Health Care Provider (HCP) About Getting a Bone Density Test

Congratulations! A bone density test may not be necessary at this point.

Your HCP May Recommend a Bone Density Test if you have not had one.
If your T-score result is < -1.5 , see an osteoporosis specialist.

Your HCP May Recommend a Bone Density Test if you have not had one in 2 years.

Step 2: Medicines

If you are on osteoporosis medicines, see your doctor to find out why.

- ✓ Your doctor may recommend a bone medicine. Your preferences, how healthy you are, and your risk of falling will be important to discuss with your doctor as you make a decision.
- ✓ If you have been on an osteoporosis medicine for >3 years, speak with an osteoporosis specialist.
- ✓ If you are taking medicine(s) for a serious chronic condition, speak with your doctor to see if they cause bone loss or increase fall risk.

Your doctor will make a good case for starting a bone medicine to reduce your chance of having a fracture. You will likely benefit from treatment.

- ✓ If you are NOT on osteoporosis medicine, speak with your doctor to see if you should be.
- ✓ If you have been on an osteoporosis medicine for >3 years, speak with an osteoporosis specialist.
- ✓ If you are taking medicine(s) for a serious chronic condition, speak with your doctor to see if they cause bone loss or increase fall risk.

Step 3: Exercise and Body Mechanics

Weight-Bearing Activity loads the skeleton and prevents bone loss, but modify your exercise (strength training, yoga, Pilates, etc.) to protect your bones. Avoid forward flexion (rounding your back), extreme twisting, and extreme side bending.

Do posture and balance exercises daily.

Balance and Strength Training can prevent falls. Work with an exercise specialist or physical therapist to develop a program to improve upper-body and lower-body strength and balance.

Step 4: Daily Calcium Intake (Applies to all risk levels)

Daily calcium from food and supplements should = 1,000–1,300 mg. *Read nutrition labels for calcium and vitamin D!*

- ✓ On days that you eat 2–3 servings of dairy or calcium-rich foods, you may not need a calcium supplement. On days you don't eat 2 servings of calcium-rich foods, you may need a supplement.
- ✓ If you do not eat dairy foods, you need to find other calcium-rich foods or take a calcium supplement (only 500–600 mg at a time).

Step 5: Vitamin D (Applies to all risk levels)

Vitamin D is needed for calcium to be absorbed. Few foods provide vitamin D. Exposure to the sun provides vitamin D, but it is not reliable or recommended. Take a vitamin D supplement to get 25–50 mcg (1,000–2,000 IU) per day.

Step 6: Quit Smoking (Applies to all risk levels)

Smoking increases fracture risk.

Step 7: Limit Alcohol (Applies to all risk levels)

Having 3+ drinks a day affects vitamin D levels, nutrition, and fall risk.

Step 8: Make Your Home Safe (Applies to all risk levels)

Add grab bars and night lights, remove loose rugs, be aware of pets and other trip hazards, use handrails, watch where you put your feet, and don't multi-task.

If you have any changes in your health, your risk results may change.