Let's Talk Bone Health

A tool to help you understand postmenopausal osteoporosis

It's important to understand the many factors that can contribute to osteoporosis and your risk of fractures. Keep this worksheet for your records and discuss the risks with your entire healthcare team.

Are you at risk for fracture? Let's discuss all the factors that may apply to you.

RISK FACTORS FOR OSTEOPOROSIS

- ◯ Age
- ◯ Early menopause/ menopause
- ◯ Family history
- ◯ Low bone mineral density
- ◯ Body size
- ◯ Ethnicity
- ◯ Low calcium & vitamin D intake
- ◯ Medication use
- ◯ Other conditions
- ◯ Low activity level
- ◯ Smoking
- ◯ Alcohol

⚡ **1 in 2 women over the age of 50 will experience an osteoporosis-related fracture in her life.**

MY BONE HEALTH HISTORY

- ◯ I've broken ___#___ bone(s) in the past few years

  List previous fractures: _____

  _____

- ◯ I've lost some height
- ◯ I've had a spinal fracture

⚡ **Vertebral, or spinal, fractures are the most common fractures caused by osteoporosis.**

TREATMENT OPTIONS

There are 2 categories of prescription treatment available for osteoporosis. They work in different ways. Let's discuss what is right for you.

- ◯ Anabolic treatments that help build new bone
- ◯ Antiresorptive treatments that help slow down the process of bone loss by maintaining the bone you have

Today I've been prescribed: _____

KNOW YOUR T-SCORE AND WHAT IT MEANS

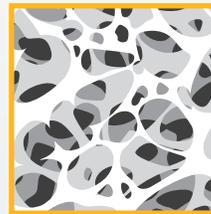My current T-score is: _____

Date tested: ___ MONTH / YEAR

Site tested:
- ◯ Lumbar spine
- ◯ Total hip
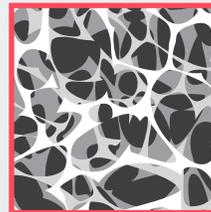- ◯ Femoral neck
- ◯ Forearm (wrist)

Healthy Bone
T-score: -1 and above

Bone With Osteopenia
T-score: Between -1 and -2.5

Bone With Osteoporosis
T-score: -2.5 and below

⚡ **If you've had a fragility fracture, you may be at risk for another fracture — even if your T-score is normal.**