Call our Bone Health Hotline
for more information
(888) 266-3015 or visit
www.americanbonehealth.org

AMERICAN BONE HEALTH™

Steps to take if you are at **HIGH** fracture risk

Name	Your 10-year risk of any fracture is:

Take steps to reduce your risk of falls and fractures.

1. **GET A BONE DENSITY TEST** if you have not had one in 2 years.

2. **MEDICATIONS.** If you are at high risk of having a fracture, your provider will make a good case for starting a bone medication to reduce your chance of having a fracture. You will benefit from treatment.

   ❑ If you are NOT on osteoporosis medication, speak with your doctor to determine if you should be.

   ❑ If you have been taking an osteoporosis treatment > 3 years, speak with an osteoporosis specialist.

   ❑ If you are taking medication(s) for a serious chronic condition, speak with an osteoporosis specialist to see if they cause bone loss or increase fall risk.

3. **CALCIUM** from food + supplements = 1,000 - 1,200 mg a day.

   ❑ If you eat 3 or more servings of dairy or calcium-rich food a day, you do not need a supplement.

   ❑ If you do not eat dairy foods, you need to find other calcium-fortified foods or take a calcium supplement (only 500-600 mg at a time).

4. **VITAMIN D** is important for calcium metabolism. Few foods provide vitamin D. Although sun exposure can be a source, if you live in a northern climate you are not likely to get enough. Take a vitamin D supplement to get 1,000–2,000 IU per day.

5. **QUIT SMOKING.** Smoking increases fracture risk.

6. **MODERATE ALCOHOL.** Having 3 or more drinks a day affects vitamin D level, nutrition, and fall risk.

7. **BALANCE AND LOWER LEG STRENGTH** can prevent falls. Work with an exercise specialist who understands osteoporosis to develop a program for you. Small steps can make big improvements.

8. **MAKE YOUR HOME SAFE.** Add grab bars, night lights, remove loose rugs, be aware of pets and other trip hazards, watch where you put your feet and avoid multi-tasking.

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

Notes: