



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

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

Name _____

Your 10-year risk of any fracture is _____

Take steps to understand and reduce your risks.

1. **GET A BONE DENSITY TEST** if you have not had one. If your result is not in the normal range (T-score < -1.5), see an osteoporosis specialist.
2. **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 calcium 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).
3. **VITAMIN D** is important for calcium metabolism. Relatively few foods provide vitamin D. And 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.
4. **QUIT SMOKING.** Smoking increases fracture risk.
5. **MODERATE ALCOHOL.** Having 3 or more drinks a day affects vitamin D level, nutrition, and fall risk.
6. **WEIGHT BEARING ACTIVITY** is important, but modify your exercise (yoga, Pilates, etc.) to protect your bones. Avoid forward flexion (rounding your back) and avoid spinal twisting. Include posture and balance exercises daily.
7. **MEDICATIONS**
 - If you are taking medication(s) for a serious chronic condition, speak with your doctor to see if they cause bone loss or increase fall risk.
 - If you have been on an osteoporosis medication >3 years, speak with your doctor.
 - BEING AT MODERATE RISK OF HAVING A FRACTURE**, your doctor may recommend a bone drug. Your preferences, how healthy you are, and your risk of falling will be important considerations in making the decision.

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

Notes: