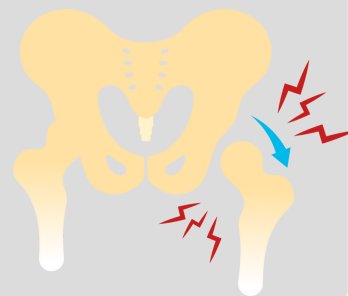


Osteoporosis and Secondary Fractures: What They Are and How to Prevent Them

What Is a Secondary Fracture?

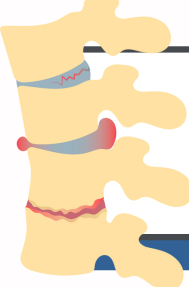
If you have experienced one fracture (or 'broken bone'), the next one is considered a 'secondary' fracture. Your risk of experiencing another fracture doubles after your first one, especially within the first 12 months and can cause worse outcomes. It is crucial to be proactive to help prevent them from happening.



+8.9 million osteoporosis-related fractures occur worldwide each year

Dangers of Secondary Fractures:

- **Reduced function:** impacting your ability to use the affected bone the same way as before
- **Decreased mobility:** making it harder to move around, particularly fractures that occur in the back or hip.
- **Increased discomfort:** lingering, chronic pain at the fracture site.
- **Lowered independence:** Changes in function, mobility, and pain levels may help completing tasks you used to be able to do independently



Osteoporosis-related fractures can increase your risk of a second fracture by up to 7x

When should you talk to your doctor about bone health?

It is never too early - or too late - to speak with your doctor about bone mass, fracture prevention, and managing risk factors for osteoporosis and fractures. Routine bone density screening (a DEXA/DXA scan) is one effective way to help manage these risks. If you are diagnosed with a new condition, talk to your doctor about how it could affect your bone health.

What Can You Do To Help Prevent Secondary Fractures?

Some Treatment Options Include:

- ✓ **Anabolic:** Medications that stimulate bone formation.
- ✓ **Anti-resorptive:** Medications that help prevent bone loss by blocking cells that break down bone tissue.
- ✓ **Biphosphonates:** These medications work to reduce bone loss and increase bone density.
- ✓ **Calcitonin:** A hormone that helps increase bone density and reduce risk of spinal fracture and fracture-related pain.
- ✓ **Hormone Therapy:** While not recommended for the treatment or prevention of osteoporosis, it can benefit bones in women who take it to relieve menopausal symptoms.

