



The Active Achiever

Could my fracture affect my future?

Question Fractures More and focus on living life and not being defined by fracture risk. Your answers indicated staying active and independent is a big part of who you are. After an osteoporosis diagnosis, it may not be something you think about every day, but your bones can change over time. Checking in on your bone health can help you understand your fracture risk and may help you continue living life on your terms. This guide can help you reflect on any changes since your diagnosis, understand what they may mean for your fracture risk, and identify opportunities to discuss your bone health.

Here's how you can prepare for your next conversation with your doctor:

Since your diagnosis, have any of the following changes happened to you?

- I've experienced another fracture
- I've been told I have low bone density or a T-score below -2.5
- I've had a fall or near-fall
- I've been diagnosed with another condition, such as rheumatoid arthritis or diabetes
- I've been treated with steroids or immunosuppressants
- A family member has been diagnosed with osteoporosis



Did you answer yes to any of these questions?

Fracture risk is influenced by a range of factors, including bone density, previous fractures, falls, family history, medications and other health conditions can all play a role.¹ If you've noticed changes in your health, falls or fractures since your diagnosis, speak with your doctor about what they could mean for your fracture risk.

Here are some questions you can ask your doctor²:

- What kind of exercise can help me build strong bones?
- If I have osteoporosis or low bone density, what do my results mean for my future?
- How can I prevent falls?

Use this space to write down any other questions or concerns you'd like to discuss:

Did you know?

- Osteoporosis is a long-term condition that can change over time³
- Bone is a living tissue that is constantly being broken down and rebuilt⁴
- Taking action early may help you maintain your mobility and independence for longer

Bring this guide with you and fill this out after the discussion:

What I learned: _____

What happens next: _____

Who I should contact: _____

When I should follow up: _____

Check your fracture risk online: You can also use the [Bone Health & Osteoporosis Foundation \(BHOFF\) Bone Health Quiz](#) and the [FRAX® calculator](#) to explore risk factors for fractures.

Please note: This guide is not a diagnosis or medical advice, as only a doctor can diagnose osteoporosis. This guide is designed to help you prepare for a conversation with your doctor.

Note for healthcare professionals: This discussion guide has been generated following completion of the Question Fractures More quiz. The patient has been matched to a profile based on their responses regarding their experiences, attitudes and understanding of fracture risk, osteoporosis and bone health. Profiles and discussion guides were developed from patient insights research and are intended to support informed conversations about bone health and fracture risk. This guide is not intended to diagnose osteoporosis or replace clinical judgement.

References: **1.** National Clinical Guideline Centre. Osteoporosis: assessing the risk of fragility fracture. Short clinical guideline – CG146. 2012. Published by the National Clinical Guideline Centre at The Royal College of Physicians, 11 St Andrews Place, Regents Park, London, NW1 4BT. **2.** Bone Health & Osteoporosis Foundation. Questions to Ask Your Healthcare Provider About Your Bone Health. Available at: <https://www.bonehealthandosteoporosis.org/wp-content/uploads/HCP-Questions.pdf>. Last accessed September 2026. **3.** Johnell O and Kanis JA. An estimate of the worldwide prevalence and disability associated with osteoporotic fractures. Osteoporos Int. 2006;17(12):1726–1733. **4.** Fang H, Deng Z, Liu J, et al. The Mechanism of Bone Remodeling After Bone Aging. Clin Interv Aging. 2022;17:405–15. doi: 10.2147/CIA.S349604.