



The Conversation Starter

What should I bring to the conversation after a fracture?

Question Fractures More and take the lead in the conversation about **your bone health**. Based on your responses to the quiz, you may be waiting for your fracture to be brought up by your doctor. A fracture after age 55 means you're at higher risk of experiencing another one. It also could be a sign of osteoporosis. Asking about your fracture could help you better understand your bone health. This guide can help you start the discussion and better understand your bone health and fracture risk.

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

Ask yourself the questions below. If you answer yes to any of them, they may be worth bringing into the conversation at your next appointment:

- Have I had a fracture before?
- Have I experienced any falls in the past?
- Has anyone in my family had osteoporosis or broken a bone after a minor fall?
- Have I been treated with steroids or immunosuppressants?
- Do I live with another condition, like rheumatoid arthritis or diabetes?



Did you answer yes to any of these questions?

Previous fractures, falls, family history and other health conditions can all play a role in fracture risk.¹ If any of these apply to you, speak about them with your doctor so you can better understand your bone health.

Here are some questions you can ask your doctor²:

- Do I have any risk factors for osteoporosis or broken bones (fractures)?
- Do I need a Bone Density Test? (also called a DXA scan)
- What do my Bone Density Test results mean? (if you have had this test)

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

Did you know?

- Fractures caused by a low impact event – like a fall from standing height – are a sign of osteoporosis^{1,3}
- One in three women over 50 will experience a fracture due to osteoporosis⁴
- Around 75% of women who have osteoporosis are never diagnosed⁵
- 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 osteoporosis risk online: You can also use the [International Osteoporosis Foundation \(IOF\) Osteoporosis Risk Check](#), the [Bone Health & Osteoporosis Foundation \(BHO\) Bone Health Quiz](#) and the [FRAX® calculator](#) to explore risk factors for osteoporosis and 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.** Center JR, Bliuc D, Nguyen TV, Eisman JA. Risk of subsequent fracture after low-trauma fracture in men and women. JAMA. 2007;297:387–94. **4.** Epidemiology of osteoporosis and fragility fractures. International Osteoporosis Foundation (IOF). 2022. Retrieved from <https://www.osteoporosis.foundation/facts-statistics/epidemiology-of-osteoporosis-and-fragility-fractures>. Accessed September 2026. **5.** Nguyen TV, Center JR, Eisman JA. Osteoporosis: underrated, underdiagnosed and undertreated. Med J Aust. 2004;180(S5):S18–22.