



The Proactive Protector

Could there be more I can do to reduce my risk of another fracture?

Question Fractures More and build on the positive steps you're already taking. Your answers indicate you've already taken action to support your bone health. But bone health can change over time, and regular check-ins can help ensure you're doing everything you can to protect your bones and reduce your risk of future fractures. This guide can help you reflect on your bone health, identify anything that may be worth revisiting, and prepare for a conversation about your bone health.

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

Consider whether any of the following have changed since your diagnosis.

- 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?

Even when you're already taking positive steps, changes in your health can affect fracture risk and may be worth reviewing with your doctor.

Your fracture risk is influenced by more than bone density alone. Previous fractures, falls, family history, medications and other health conditions can all play a role.¹

Here are some questions you can ask your doctor²:

- Is there anything else I should be doing to reduce my fracture risk?
- Do I have any medical conditions that could cause bone loss?
- Am I getting enough calcium and vitamin D?

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
- A fracture or fall can signal a change in bone density, which may increase your risk of another fracture⁴
- 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 \(BHO\) 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.** van Geel, T, van Helden S, Geusens P, et al. Clinical subsequent fractures cluster in time after first fractures. Annals of the rheumatic diseases. 2009. 68(1):99–102. doi:10.1136/ard.2008.092775.