



The Risk Responder

What could my fracture be telling me?

Question Fractures More. The fracture has healed but it could tell you something important about my bone health. Based on your answers, you may feel that your fracture is behind you. But for women aged 55+, once you've had a fracture, you're more likely to experience another. It could be a sign of osteoporosis. Understanding that having a fracture may signify an underlying bone health risk and prompting a discussion with your doctor is an important step towards protecting your bone health.

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 could provide important clues about your bone health and fracture risk:

- 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?

Your fracture may be telling you something important about your bone health. Share any relevant answers with your doctor and ask what they could mean for your fracture risk.

Here are some questions you can ask your doctor¹:

- Do I have any risk factors for osteoporosis or broken bones (fractures)?
- Do I have any medical conditions that could cause bone loss?
- Do I need a Bone Density Test? (also called a DXA scan)

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^{2,3}
- Taking action early may help you maintain your mobility and independence for longer
- One in three women over 50 will experience a fracture due to osteoporosis⁴
- Around 75% of women who have osteoporosis are never diagnosed⁵

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](https://www.bonehealthandosteoporosis.org/wp-content/uploads/HCP-Questions.pdf), the [Bone Health & Osteoporosis Foundation \(BHO\) Bone Health Quiz](https://www.bonehealthandosteoporosis.org/wp-content/uploads/HCP-Questions.pdf) and the [FRAX® calculator](https://www.bonehealthandosteoporosis.org/wp-content/uploads/HCP-Questions.pdf) 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.** 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. **2.** 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. **3.** 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. **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.