

What is my risk of breaking a bone?

As you get older, your risk of breaking a bone, often through a fall, increases. This increased risk may be due to weakened bones or *osteoporosis*.

Your risk is estimated primarily by:

Your age: _____

Your Bone Mineral Density (T score): _____

It is also affected by:

- ☐ If you have had a fracture
- ☐ If a parent had a fracture
- ☐ If you currently smoke
- ☐ If you drink more than 2 drinks of alcohol a day
- ☐ If you have taken prescription steroid medications

Based on these risk factors, we estimate your risk is

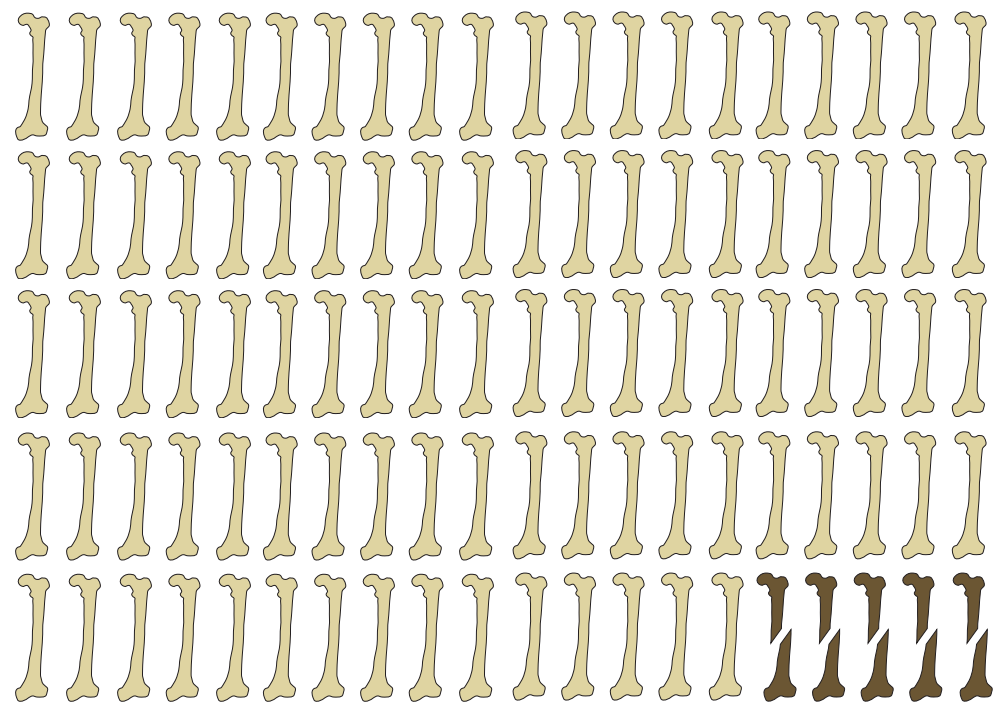
<10% 10-30% >30%

Your fracture risk can be lowered with medications called *bisphosphonates*, which work to reduce bone loss. This decision aid will walk you through the benefits and downsides of bisphosphonates, so that we can make an informed choice about whether or not they are right for you.

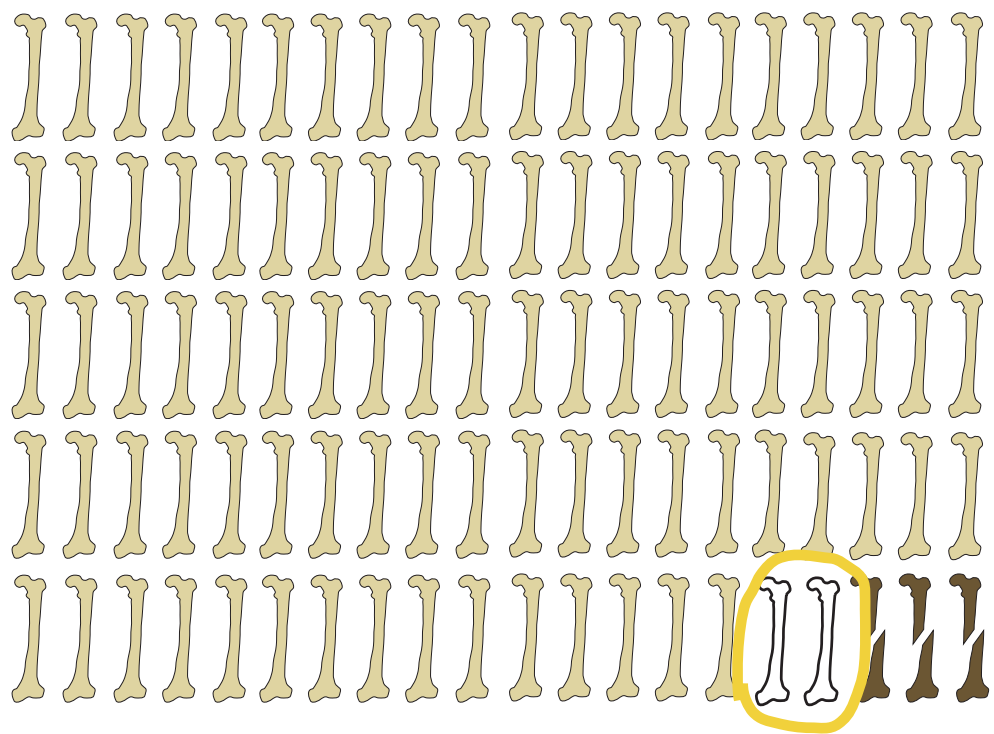
Prepared for: _____

Benefits

Without Medication
Roughly 5 in 100 have a fracture within the next 10 years. 95 will not.



With Medication
Roughly 3 in 100 have a fracture within the next 10 years. 97 will not. 2 have avoided a fracture because of the medication.



Downsides

- Directions**
This medication must be taken
- Once a week
 - On an empty stomach in the morning
 - With 8 oz of water
 - While upright (sitting or standing for 30 min)
 - 30 minutes before eating

Possible Harms
Abdominal Problems
About 1 in 4 people will have heartburn, nausea, or belly pain. However, it may not be from the medication. If the medication is the cause, the problem will go away if you stop taking it.

Osteonecrosis of the Jaw
Fewer than 1 in 10,000 (over the next 10 years) will have bone sores of the jaw that may need surgery.

Out of Pocket Cost
with insurance \$30 | without insurance \$70-90

What would you like to do?