

Osteoporosis Post-Fracture Care: At-Home Basics

TAKING STEPS TO TAKE CARE OF YOUR BONES AFTER AN OSTEOPOROSIS-RELATED FRACTURE

If you have had a fracture, it may be a sign of osteoporosis.¹ It is very important that you take care of yourself in order to recover and reduce the risk of another fracture. This resource provides information to help you take care of your bones after a fracture and reduce the risk of osteoporosis-related fractures.

ESSENTIAL NUTRIENTS FOR BONE HEALTH^{2,3}

Getting Enough Calcium and Vitamin D Is Important to Maintain Strong Bones

Many adults are not getting the calcium they need to maintain healthy bones. Vitamin D is needed to help absorb calcium. Without enough calcium and vitamin D, **you could be at risk for bone loss, low bone density, and even broken bones.**



Calcium

WHAT DOES IT DO?	HOW DOES YOUR BODY GET IT?
<ul style="list-style-type: none">• Calcium is needed to build new bones and help prevent bone loss• Calcium also helps your blood to clot, your heart to beat, and your muscles to contract	<ul style="list-style-type: none">• Your primary source of calcium is through diet and supplements• If you do not take in adequate calcium, your body will remove it from your bones

Vitamin D

WHAT DOES IT DO?	HOW DOES YOUR BODY GET IT?
<ul style="list-style-type: none">• Vitamin D plays an important role in bone health• Vitamin D helps your body to absorb calcium• Skin makes vitamin D in reaction to sunlight and stores it in fat for later use	<ul style="list-style-type: none">• Sunlight*• Vitamin D supplements• Some foods and fortified beverages

*Talk to your healthcare provider about whether it is safe for you to spend time in the sun.



Your Food Choices Can Help Support Your Bone Health

ESSENTIAL NUTRIENTS FOR BONE HEALTH^{2,4}

This chart shows you some of your healthy-bone food choices. Your doctor or other healthcare providers may be able to give you additional suggestions.

How Much Calcium Do You Need?

The amount of calcium you need depends on your age and sex.



Women

Age 50 and younger 1000 mg* daily
Age 51 and older 1200 mg* daily



Men

Age 70 and younger 1000 mg* daily
Age 71 and older 1200 mg* daily



WHERE CAN YOU GET IT?	HOW MUCH CALCIUM WILL YOU GET?†
Dairy products such as Frozen yogurt (vanilla) Milk (skim, low-fat, or whole) American cheese Vanilla ice cream	8 oz = 105 mg 8 oz = 300 mg 1 oz = 195 mg 8 oz = 85 mg
Produce, including Collard greens (frozen) Kale (frozen) Broccoli (fresh, cooked) Figs (dried) Orange	8 oz = 360 mg 8 oz = 180 mg 8 oz = 60 mg 2 figs = 65 mg 1 whole = 55 mg
Fish/seafood, including Sardines (canned with bones) Salmon (canned with bones)	3 oz = 325 mg 3 oz = 180 mg
Other choices Almond milk, rice milk, soy milk (fortified) Orange and other fruit juices (fortified) Tofu (prepared with calcium) Waffle (frozen, fortified) Beans (baked, canned)	8 oz = 300 mg 8 oz = 300 mg 4 oz = 205 mg 2 pieces = 200 mg 4 oz = 160 mg

How Much Vitamin D Do You Need?

The amount of vitamin D you need depends on your age.



Women and Men

Under age 50 400–800 IU[‡] daily
Age 50 and over 800–1000 IU[‡] daily



WHERE CAN YOU GET IT?	HOW MUCH VITAMIN D PER SERVING?
Foods such as Fish, including mackerel, salmon, light tuna, flounder, halibut, sardines, sole Shiitake mushrooms (fresh) Cow's milk (skim or low-fat, fortified) Almond, rice, coconut, or soy beverages, fortified with 25% or more vitamin D Orange juice with added vitamin D	1 serving = 3-4 oz 1 serving = 8 oz 1 serving = 8 oz 1 serving = 8 oz 1 serving = 8 oz

A balanced diet rich in calcium and vitamin D may help reduce the risk of fracture.^{1,2}
Your doctor can determine if you need an osteoporosis medication in addition to diet and exercise¹

IU=international units; mg=milligrams; oz=ounces.

*This includes the total amount of calcium you get from food and supplements.

†The calcium content listed for most foods is estimated and can vary due to multiple factors. Check the food label to determine how much calcium is in a particular product.

‡Some people need more vitamin D.⁵

Make Your Home Safer From Falls

Trips and slips can happen throughout your home. You can make some small changes that can help limit your fall risk and reduce your risk of a fracture.

WHAT MAKES YOU MORE LIKELY TO FALL?^{6,7}

Slippery floors, stairs, cluttered areas, or loose rugs or carpets underfoot may increase your risk of falling

Things that affect your vision may increase your chances of falling, such as



Reduced eyesight



Stairways or rooms that are too dark



Medications that can make you dizzy

USE THIS CHECKLIST TO HELP YOU SEE IF YOUR LIVING SITUATION PUTS YOU AT RISK OF FALLING^{3,6-8}

	YES	NO
Is there clutter around your home that may cause you to slip or trip?		
Are the stairways too dark?		
Is there enough light everywhere in your home so you can see everything clearly?		
Do you wear supportive shoes with nonslip soles?		
Has your doctor asked you if you have issues with your balance or strength?		
Do you take medications that may have side effects of dizziness or low blood pressure? For example, some blood pressure pills, heart medications, diuretics (water pills), muscle relaxants, and tranquilizers can make you dizzy.		

If you checked “Yes” for any of the items on the chart above, you may be at risk for a fall.

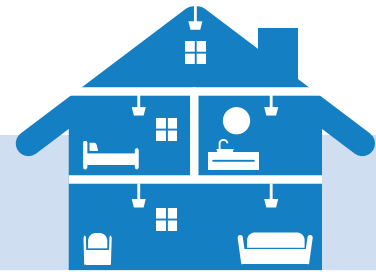
STEPS YOU CAN TAKE TO REDUCE YOUR FALL RISK^{6,7}

Make the time to **reduce clutter** and make sure there is **enough light** around your home. Make sure to **choose the right shoes**.

Talk with your doctor about the right exercises for you and **ask any questions** you have about the medications you are taking.

Your Blueprint for a Safer Home

This blueprint can help you look at areas in your home where you can make small, easy changes that may make falls less likely.^{3,6,8}



Inside Your Home

Make sure the lighting is bright enough. Use night-lights throughout the house and always have flashlights on hand.



Kitchen

- Be careful of slippery floors



Floors and Rugs

- Remove throw rugs
- Secure larger rugs with rubber, slip-resistant backing
- Keep floors free of clutter
- Make sure carpets and rugs don't have loose edges sticking up



Stairways

- Make sure there is plenty of light
- Add light switches at the top and bottom of stairs
- Fix any loose or broken steps
- Place nonslip rubber treads on stairs
- Make sure handrails are tight and secure
- Install handrails on both sides of stairs



Bathroom

- Use a rubber mat in your shower/bath and a nonslip mat on the floor
- Install grab bars around shower, bath, and toilet
- Have a night-light or motion-activated light
- Consider a shower chair with a back and nonskid leg tips or a bath bench

Some tips for when you are inside your house

- Wear shoes that are supportive and have nonslip soles
- Check for cords or pets that could trip you

Outside Your Home



- Remove leaves, snow, and ice from walkways



- Fix holes



- Make sure you have secure handrails for entrances/exits



- Make sure there is plenty of light



Some tips for when you are outside your house

- You may want to use a walker or cane for added stability
- Wear nonslip shoes for added traction
- Pay attention to the surfaces in public buildings
- Stop at curbs and check the height before you step down
- Use a shoulder bag, hip pack, or backpack to leave hands free

Exercise Can Help Make You Stronger and Help Reduce Your Risk of Falling

Exercise can help you **gain strength and flexibility** and **improve your balance and posture**. You should talk to your doctor about what kinds of exercise are right for you before starting any exercise program.^{3,6,9}

Talk to Your Doctor or Other Healthcare Professionals About an Exercise Plan That Works for You^{3,10}

There are **3 main types of exercises** that can help your bone health:

Weight bearing



Fast walking on a treadmill or outside



Climbing stairs



Dancing



Low-impact aerobics

Resistance



Lifting weights



Using elastic exercise bands

Flexibility



Tai chi



Yoga



Stretching

Weight bearing and resistance training may help **build muscles** and **maintain bone density**

Flexibility training may help you keep your **balance**

The information included in this tool is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. You should always consult your healthcare provider to determine the appropriateness of the information for your own situation or if you have any questions regarding a medical condition or treatment plan.

Talk to your doctor about how to help keep your bones healthy. Diet, exercise, and ongoing monitoring are all important parts of your osteoporosis management plan.^{1,11} Your doctor can determine if you need an osteoporosis medication in addition to diet and exercise

References: **1.** National Institutes of Health. Overview of Osteoporosis. <https://www.bones.nih.gov/health-info/bone/osteoporosis/overview>. Accessed March 12, 2021. **2.** National Osteoporosis Foundation. Calcium and vitamin D. <https://www.nof.org/patients/treatment/calciumvitamin-d/>. Accessed March 12, 2021. **3.** National Institutes of Health. Once is enough: a guide to preventing future fractures. <https://www.bones.nih.gov/health-info/bone/osteoporosis/fracture>. Accessed March 12, 2021. **4.** National Osteoporosis Foundation. Nutrients: bone healthy ingredients. <https://www.nof.org/preventing-fractures/nutrition-for-bonehealth/nutrients/>. Accessed March 12, 2021. **5.** Institute of Medicine. Dietary reference intakes: Calcium and Vitamin D. <https://www.nap.edu/catalog/13050/dietary-reference-intakes-for-calcium-and-vitamin-d>. Published 2011. Accessed March 12, 2021. **6.** Centers for Disease Control and Prevention. What YOU can do to prevent falls. <https://www.cdc.gov/steady/pdf/STEADI-Brochure-WhatYouCanDo-508.pdf>. Accessed March 12, 2021. **7.** National Institutes of Health. Preventing falls and related fractures. https://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/Fracture/prevent_falls.pdf. Accessed March 12, 2021. **8.** Centers for Disease Control and Prevention. Check for safety. <https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf>. Accessed March 12, 2021. **9.** National Osteoporosis Foundation. Exercise to stay healthy. <https://www.nof.org/preventing-fractures/exercise-to-stay-healthy>. Accessed March 12, 2021. **10.** National Osteoporosis Foundation. Osteoporosis exercise for strong bones. <https://www.nof.org/patients/treatment/exercisesafemovement/osteoporosis-exercise-for-strong-bones/>. Accessed March 12, 2021. **11.** Camacho PM, Petak SM, Binkley N, et al. American Association of Clinical Endocrinologists/American College of Endocrinology clinical practice guidelines for the diagnosis and treatment of postmenopausal osteoporosis—2020 update. *Endocr Pract.* 2020;26(suppl1):1-46.

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