

BONE HEALTH: FRIENDS AND FAMILY DISCUSSION GUIDE



Bone fractures can be detrimental to overall wellbeing and can cause life-changing disability and loss of independence. Bone fractures occur more often than you may think; globally, it is estimated that an osteoporotic fracture occurs every three seconds. The effects of a bone break such as a hip fracture, can be debilitating. As many as 80% of people who have a hip fracture experience physical restriction in daily activities, such as driving and grocery shopping.

CONVERSATION STARTERS WITH FRIENDS AND FAMILY:

Women need to safeguard their health, and that of their loved ones. The more you know about bone health, the more you can do to prevent conditions like osteoporosis. Have conversations with friends and family about bone health so that every woman feels empowered to put her health first, and can encourage other women to do the same.

1. Speak about your personal connection to osteoporosis, what you've learned from your own research or conversations with your doctor
2. Ask about their present health concerns – what worries them, what their challenges are, how it impacts their day to day
3. Educate on the impact of bone loss and osteoporosis on health and independence
 - Discuss what they value most about their independence: Traveling, career, taking care of children or grandchildren, driving, etc.
 - Address how a loss of independence would negatively affect their life and goals
4. Ask about family history with bone health
 - Do you have a family history of a fragility fracture or broken hip?
 - Do you have a family history of osteoporosis?
 - Have you spoken with your family about their own risks?
5. Talk about the steps you can take – go to a doctor, healthy eating, exercise, and more