



spotlight on health

What's Your Plan For Bone Health?

(NAPSA)—Do you follow all the advice from your health care provider? Do you tell your health care provider if you are taking your medicine differently than prescribed? Have you missed doses or altogether stopped taking your medicine? A recently published study of 412 physicians shows that only about half of women with osteoporosis are following their treatment plan, but their doctors don't know it. This study shows that doctors thought nearly seventy percent (69 percent) of their patients were taking their medication as prescribed; however, according to pharmacy claims data, only about half (49 percent) of women with postmenopausal osteoporosis were adhering to their medication. Similarly, various studies suggest that 50 percent of patients have poor adherence to treatment after only one year, and an analysis of data spanning 14 years found that adherence with osteoporosis therapy is poor with many patients stopping therapy soon after they start.

These startling facts can have significant consequences. In fact, one in two women over the age of 50 will experience a broken bone due to osteoporosis in her remaining lifetime. Broken bones due to

osteoporosis may often lead to pain, disability and sometimes loss of independence. While we can picture the important role other organs like the heart and brain play in the body, we don't realize how important our bones are. But

Talk with your health care provider about an osteoporosis treatment plan so you can work together to keep your bones healthy.



they too are a living organ, working every day to store important minerals, protect our vital organs, provide shape and form to our body, and allow movement. Despite the importance of bone health, many women with osteoporosis are not doing everything they can to keep their bones strong, such as following a bone-healthy diet, exercise and treatment plan.

This is why it is so important for women with postmenopausal osteoporosis to take action. They can start by talking openly with their health care provider about their bone health. Together, women with postmenopausal osteoporosis and their health care providers can discuss a plan that will actually work, including diet, exercise, and medicine, if appropriate. Improved communication between patients

and health care providers may lead to improved management of a patient's osteoporosis.

Below are a few helpful questions to ask your health care provider that may help both of you better understand your fracture risk.

- Am I at risk for broken bones/fracture?
- How can I help prevent a broken bone/fracture?
- How can I make sure I'm getting enough calcium and vitamin D?
- What kind of exercises should I be doing?
- What should I expect from my medicine? How can I know if my medicine is working?
- Does my bone density test show improvement? If not, what should I do?

If you have osteoporosis, you may want to seek additional information about the disease and your specific osteoporosis management plan. The specifics of your plan may be different from other women's and may change over time. For more questions to take with you to your next appointment with your health care provider, visit KnowMyBones.com or call (800) 917-1248, where you'll also find general information on strong bones, tips for eating smart and steps to help stay active and independent.