Talking to Your Doctor about Spinal Fractures

Take charge of Your Bones
If you are at risk of a spinal fracture or think you may have one, you should consult with your doctor. To help with your discussion on spinal fractures and bone health, below is a list of questions you can ask your doctor at your next appointment:

1. Can we take a minute and talk about my risk factors for osteoporosis and spinal fractures?

2. What are the most likely causes of my back pain?

3. I’m concerned about spinal fractures. What is my risk of having a spinal fracture now or within the next year or two?

4. What are the specific symptoms of a spinal fracture? What should I do if I experience symptoms of a spinal fracture so we can treat it?
   - Should I have a spine X-ray?
   - If my X-ray shows a possible spinal fracture, what is the next step?
   - Are there treatments that can repair and stabilize the fracture?
   - Can you refer me to a spine specialist who performs balloon kyphoplasty?

5. What medications or lifestyle changes should I start to protect my bones and reduce my risk of having a spinal fracture in the future? How will we monitor my spine and assess whether the treatment is working?

This therapy is not for everyone. Please consult your physician. A prescription is required. For further information, please call Medtronic at (800) 876-3133. Results may vary. Keep in mind that all treatment and outcome results are specific to the individual patient. Please consult your physician for a complete list of indications, warnings, precautions, adverse events, clinical results, and other important medical information. It is important that you discuss the potential risks, complications, and benefits of this product with your doctor prior to receiving treatment, and that you rely on your physician’s judgment. Only your doctor can determine whether you are a suitable candidate for this treatment.

Although the complication rate with KYPHON® Balloon Kyphoplasty has been demonstrated to be low, as with most surgical procedures, there are risks associated with the procedure, including serious complications. This procedure is not for everyone. A prescription is required. Please consult your physician for a full discussion of risks and whether this procedure is right for you.

If you have a spinal fracture, it’s crucial that you see your doctor as soon as possible for diagnosis – and if necessary, get a referral to a spine specialist for treatment.

For more information, go to www.stopspinalfracturepain.com