UNDERSTAND YOUR FRACTURE RISK

Talking to your doctor about spinal fractures
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?

Although the complication rate for Kyphon™ Balloon Kyphoplasty is low, as with most surgical procedures, serious adverse events, some of which can be fatal, can occur, including heart attack, cardiac arrest (heart stops beating), stroke, and embolism (blood, fat, or cement that migrates to the lungs or heart). Other risks include infection; leakage of bone cement into the muscle and tissue surrounding the spinal cord and nerve injury that can, in rare instances, cause paralysis; leakage of bone cement into the blood vessels resulting in damage to the blood vessels, lungs, and/or heart. This procedure is not for everyone. A prescription is required.

Please consult your physician for a discussion of these and other 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, visit spine-facts.com/about-bkp