

Know the facts about osteoporosis and spinal fractures

Osteoporosis is common, and it's important to manage the condition and watch out for complications.

Ask your doctor about your risk of osteoporosis, tests you may need, and about your treatment options.

In osteoporosis, bones are weaker and more likely to break

An estimated
**54 million
Americans**

have osteoporosis or low bone mass (increased osteoporosis risk)¹

Approximately
**1 in 2 women &
1 in 4 men**

over 50 will break a bone due to osteoporosis¹

Osteoporosis can lead to fractures of the spine, hip, or wrist



More than
800,000 spinal fractures occur in the US each year²



Spinal fractures, sometimes called vertebral compression fractures (VCFs), are considered a hallmark of osteoporosis and can cause pain and impact your activities and quality of life.³



Patients are often told bed rest and pain medications are their only options, but a minimally invasive procedure called balloon kyphoplasty treats spinal fractures.

Ask your doctor:



- I'm over 50 and have osteoporosis in my family history - what is my risk of having osteoporosis?
- What tests / treatments are recommended?
- What is my risk of having a spinal fracture?
- What are the symptoms of a spinal fracture?
- If I have a spinal fracture, can you refer me for a balloon kyphoplasty evaluation/procedure?



Take charge of your health – **know the facts** so you can ask questions and make choices that are right for you.



- ✓ Osteoporosis is common and can lead to fractures, even from minor bumps or falls³
- ✓ Treatment can help manage osteoporosis
- ✓ Spinal fractures can be repaired with the balloon kyphoplasty procedure³



Learn more about spinal fractures at spinalfracture.com.

Balloon kyphoplasty (BKP) is a minimally invasive treatment that can repair spinal fractures caused by osteoporosis (low bone density), cancer, or non-cancerous tumors.

Although the complication rate for 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.

Lean more about spinal fractures at **spinalfracture.com**, or visit **kyphoplasty.com** to learn more about the balloon kyphoplasty procedure.

References

1. Bone Health and Osteoporosis Foundation website, <https://www.bonehealthandosteoporosis.org/patients/what-is-osteoporosis>. Accessed April 25, 2024.
2. Medtronic Data on File. Business Insights & Analytics, Sept 2019.
3. International Osteoporosis Foundation Website. https://www.osteoporosis.foundation/sites/iofbonehealth/files/2019-06/2010_TheBreakingSpine_ThematicReport_English.pdf. Accessed April 25, 2024.