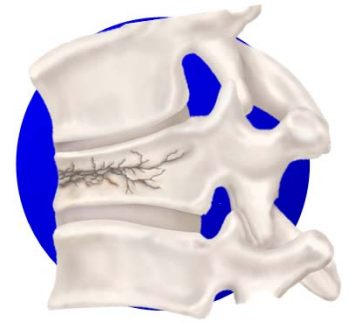


Spinal fracture risk assessment

Spinal fractures, also known as vertebral compression fractures (VCFs), are the most common fracture caused by osteoporosis and can lead to a hunched, deformed spine. As many as two-thirds of spinal fractures go undiagnosed and untreated because patients are not aware of the symptoms, such as new back pain.¹ Therefore, it is important to be aware of your risk for a spinal fracture and to see your doctor right away if you think you may have one.



Answer the questions below to assess your risk for a spinal fracture:

Have you ever been diagnosed with osteoporosis or low bone mineral density?	<input type="radio"/> Yes	<input type="radio"/> No
Are you currently experiencing back pain?	<input type="radio"/> Yes	<input type="radio"/> No
Is the back pain worsened by weight-bearing activities such as bending forward or walking?	<input type="radio"/> Yes	<input type="radio"/> No
Has the pain lasted for more than 3 days with no improvement?	<input type="radio"/> Yes	<input type="radio"/> No
Are you over 50 years old or postmenopausal?	<input type="radio"/> Yes	<input type="radio"/> No
Has anyone in your family been diagnosed with osteoporosis? Or have any of your relatives ever had a broken hip, a spinal fracture, or a hunched back?	<input type="radio"/> Yes	<input type="radio"/> No
Do you have a hunched back or have you noticed any height loss?	<input type="radio"/> Yes	<input type="radio"/> No
Have you ever had a broken bone or been diagnosed with a spinal fracture or vertebral compression fracture (VCF) since you've turned 50?	<input type="radio"/> Yes	<input type="radio"/> No
Have you ever been diagnosed with cancer or taken steroid medication?	<input type="radio"/> Yes	<input type="radio"/> No

Take charge
of your bone health

Take this spinal fracture assessment to your doctor to discuss your risk factors.

Only your doctor can make a diagnosis and recommend treatment.

For more information, go to spinalfracture.com.

1. Old, J et al. Vertebral Compression Fractures in the Elderly. *Am Fam Physician*. 2004;69(1):111-116.

This assessment is meant for informational purposes only and is not a substitute for medical advice.

Only a qualified healthcare provider can assess your health and prescribe treatment.

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