

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. 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="checkbox"/> Yes	<input type="checkbox"/> No
Are you currently experiencing back pain?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is the back pain worsened by weight-bearing activities such as bending forward or walking?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Has the pain lasted for more than 3 days with no improvement?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you over 50 years old or postmenopausal?	<input type="checkbox"/> Yes	<input type="checkbox"/> 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="checkbox"/> Yes	<input type="checkbox"/> No
Do you have a hunched back or have you noticed any height loss?	<input type="checkbox"/> Yes	<input type="checkbox"/> 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="checkbox"/> Yes	<input type="checkbox"/> No
Have you ever been diagnosed with cancer or taken steroid medication?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

TAKE CHARGE of Your Bones

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 www.back.com/fracture

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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