

OSTEOPOROSIS

12 Myths of Osteoporosis

To help you make the best decisions to manage your bone health!

MYTH 1



I fell so hard that anyone would have broken a bone!

FACT:

Healthy bones are strong enough that they should not break from a fall from standing height, even if you fell very hard.

MYTH 2



As a male, I don't think that I can get osteoporosis.

FACT:

It can happen to you too. Men can have osteoporosis. In fact, 1 in 5 men will suffer from a broken bone (fracture) during their lifetime (as compared to 1 in 3 women).

MYTH 3

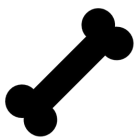


I am too old to take osteoporosis/bone medicine. I won't live long enough for it to work.

FACT:

No one knows how long they will live! This medicine can work quickly, reducing fracture risk within 6 to 12 months of starting. Taking osteoporosis/ bone medicine is a much better option than running the risk of another broken bone.

MYTH 4



I have too much wrong with me already to worry about taking osteoporosis/bone medicine.

FACT:

The big question is: are you willing to take the risk of breaking more bones? It's a pretty big risk and could impact the quality of your life. If you are okay with taking other medicine, why not take your bone medicine too?

MYTH 5



I am afraid that the medicine will cause me to feel unwell.

FACT:

Most side effects of osteoporosis/bone medicine are minor. If you notice any side effects, let your health care provider know. There are options for treatment that may work better for you.

MYTH 6



My loved one has dementia so doesn't need any osteoporosis/bone medicine.

FACT:

Your loved one may actually be more likely to fall because of their dementia, which can lead to a higher risk of broken bones. Osteoporosis/bone medicine can lower their risk of a broken bone if they fall.

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MYTH 7



My dad (or mom) doesn't walk very much so doesn't need osteoporosis/bone medicine.

FACT:

Actually, they are still at high risk of breaking bones even if they don't get up often. Even if they only get up to use the washroom, they need their bone medicine. Those who are frail and in bed a lot have a higher risk of falls when getting up. Sometimes, fractures in the spine occur without any fall.

MYTH 8



I haven't taken the osteoporosis/bone medicine as I have dental work coming up.

FACT:

Routine dental cleanings and fillings are perfectly safe. If you have more complex dental work coming up, check with your health care provider first to see what you should do about your osteoporosis medicine.

MYTH 9



I heard that I need a drug holiday from my osteoporosis/bone medicine.

FACT:

Given your recent broken bone, this might not be the time for you to start a drug holiday. You should always speak to your doctor before stopping any of your medicine.

MYTH 10

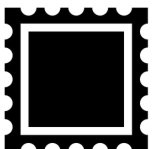


I can't afford osteoporosis/bone medicine.

FACT:

Osteoporosis/bone medicine does not cost very much, but it can be one more thing to pay for. We would like to work with you and see if there are ways this medicine can be more affordable for you. Talk to your FLS coordinator.

MYTH 11



I know I take all my medicine correctly-my pharmacist puts all my pills in one blister pack.

FACT:

The bone pill must be taken before all of your other morning pills. Take it on an empty stomach, with a full glass of water. Wait at least 30 minutes before taking other medicines or food. Ask your pharmacist to separate your bone pill from your other pills.

MYTH 12



I am afraid the side effects of the medicine will affect my jaw or give me a broken leg (femur).

FACT:

The risk of those very rare side effects is much less than your risk of breaking another bone if you don't take osteoporosis/bone medicine. If you are concerned, talk to your healthcare provider.