

# You've Just Had a Fracture. Now What?

## Care Following a Bone Fracture

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Once you've had a fracture, your risk for having more fractures is much greater. Here's what you can do to help evaluate your risk for having another fracture.

Your primary care physician or another member of your health care team, such as the fracture prevention specialist pharmacist, may have ordered you the following tests. If not, please ask your physician if these tests are right for you.

### Bone Density Screening:

A bone mineral density scan is a non-invasive way to assess the health of your bones.



Normal Bone

Osteoporosis



### Non-Fasting Blood Test:

This laboratory test will check your kidney function, calcium, and vitamin D levels.



**Strong Bones, Strong Bodies.**

### Treatment:

You may benefit from taking a medication to reduce your risk for another bone fracture. Your Primary care physician or the fracture prevention specialist pharmacist will discuss this with you after your bone density scan and blood tests.

### Your Health Online

[kpdoc.org/preventfractures](http://kpdoc.org/preventfractures)

- Find information on osteoporosis and fracture prevention.

Please aim your Smartphone camera at this QR Code to view a short video about preventing fractures.

