

Osteoporosis Information

To help you make the best decisions about your bone health

CONCERN



If I fall hard enough, I will break a bone anyway!

RESPONSE

Healthy bones are strong enough that they should not break from a fall from daily activities, even if you fall very hard. Osteoporosis/bone medicines can help keep your bones healthy.

CONCERN



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

RESPONSE

Men can have osteoporosis. In fact, up to 1 in 4 men over age 50 will break a bone due to osteoporosis.

CONCERN



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

RESPONSE

Nobody is too old for osteoporosis/bone medicines. These medicines can work quickly to lower your risk of broken bones (fracture) within 6 to 12 months.

CONCERN



I am worried that I might not be able to afford osteoporosis/bone medicine.

RESPONSE

If necessary, we can work with you on ways this medicine can be more affordable for you.

CONCERN



I don't walk very much so I don't need osteoporosis/bone medicine.

RESPONSE

You are still at high risk of breaking bones, even if you don't get up often. Even if you only get up to use the bathroom, your osteoporosis/bone medicine can still help you.

CONCERN



I am afraid that I will have a bad reaction to the osteoporosis/bone medicine.

RESPONSE

Most reactions to osteoporosis/bone medicine are rare and minor. If you notice any reactions, let your health care provider know. There are options for treatment that may work better for you.