

NAME _____ DATE OF BIRTH / / _____

ADDRESS (STREET) _____

CITY _____ STATE _____ ZIP _____ PHONE () _____

Are you at Risk?

Take this quiz to evaluate your risk for having a fracture related to postmenopausal osteoporosis.

- | 1. What is your current age? | Point Value | (Enter your point value on each line) |
|--|-------------|---------------------------------------|
| Less than 65 | 0 | |
| 65 – 69 | 1 | |
| 70 – 74 | 2 | |
| 75 – 79 | 3 | |
| 80 – 84 | 4 | |
| 85 or older | 5 | Line 1 _____ |
| 2. Have you broken any bones after age 50? | | |
| Yes | 1 | |
| No/Don't know | 0 | Line 2 _____ |
| 3. Has your mother had a hip fracture after age 50? | | |
| Yes | 1 | |
| No/Don't know | 0 | Line 3 _____ |
| 4. Do you weigh 125 pounds or less? | | |
| Yes | 1 | |
| No | 0 | Line 4 _____ |
| 5. Are you currently a smoker? | | |
| Yes | 1 | |
| No | 0 | Line 5 _____ |
| 6. Do you usually need to use your arms to assist yourself in standing up from a chair? | | |
| Yes | 2 | |
| No/Don't know | 0 | Line 6 _____ |

FRACTURE Index without BMD assessment

Add Points from questions 1-6 _____

If your total score is 4 or greater, you may be at higher risk for fracture due to postmenopausal osteoporosis. You should see your doctor for further evaluation. Regardless of your score, if you are past menopause you should discuss your risk for fracture due to osteoporosis with your doctor.

Insert your current bone density (BMD) assessment, then answer the next question. **Heel Scan T-score =** _____

7. BMD Results:

- | | | |
|-----------------------------|---|--------------|
| T-score -1 | 0 | |
| T-score between -1 and -2 | 2 | |
| T-score between -2 and -2.5 | 3 | |
| T-score < -2.5 | 4 | Line 7 _____ |

FRACTURE Index with BMD assessment

Add Points from questions 1-7 _____

If your total score is 6 or greater, you may be at higher risk for fracture due to postmenopausal osteoporosis. You should see your doctor for further evaluation. Regardless of your score, if you are past menopause you should discuss your risk for fracture due to osteoporosis with your doctor.

Next Steps:

1. Talk to your Doctor about your risk today. Share your point total from lines 1-7.
2. Share your heel scan results with your Doctor. Your results will be known as a T score. Ask if a “DEXA” is important for you.
3. If you are diagnosed with low bone mass or osteoporosis, ask you doctor if ACTONEL is right for you. Ask how Actonel can build bone mass and help prevent fractures.

Understanding T Score Results

T Score -2.5 or worse
Urgent

High Risk

You have osteoporosis

T Score -1.0 to -2.5
Take Action

Medium Risk

You have low bone mass

T Score -1.0 or Better
Keep It Up

Low Risk

You do not have osteoporosis

Actonel is a prescription medication to treat and prevent postmenopausal osteoporosis. You should not take Actonel if you have low blood calcium, have severe kidney disease, or cannot sit or stand for 30 minutes. Stop taking Actonel and tell your doctor if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn as these may be signs of serious upper digestive problems. Side effects are generally mild or moderate and may include back or joint pain, stomach pain or upset, or constipation. Follow dosing instructions carefully. Please see the Actonel Patient Information enclosed in this folder. If you have questions, please talk to your doctor.



Office Use Only

Client ID _____ Screening Date: _____ Time: _____

Heel Scanned _____ Screening Location: _____