



# Talking with your doctor about osteoporosis-related back problems

This worksheet has been designed to help your doctor assess your risk for osteoporosis-related back problems, such as vertebral compression fractures and kyphosis.

Before your next visit with your doctor, take a few minutes to answer the questions below. Once you share this information with your physician, he or she will be able to develop a treatment plan that's best for you.

Patient Name \_\_\_\_\_

Phone \_\_\_\_\_

Primary Physician \_\_\_\_\_

## Risk assessment questions

1. I am over 60 years old.  
Yes  No
2. I have a family history of osteoporosis.  
Yes  No  Not Sure
3. I am a very thin and small-boned female.  
Yes  No  Not Sure
4. I have been diagnosed with osteoporosis.  
Yes  No  Not Sure
5. If you answered "Yes," to #4 and are currently being treated for osteoporosis, please select which medication you are currently taking:  
Fosamax®  Actonel®  Miacalcin®  Evista®  Fortéo®   
Other \_\_\_\_\_
6. I have experienced back pain with no obvious cause.  
Yes  No
7. I have experienced back pain that requires regular bedrest, medication and/or a brace.  
Yes  No
8. I have experienced back pain that interferes with my ability to perform normal activities.  
Yes  No
9. I have recently experienced height loss.  
Yes  No  Not Sure
10. I sometimes have trouble breathing and find it hard to catch my breath.  
Yes  No

## Locate and rate your pain

On the picture below, circle the location of any back pain that you have experienced. Next to each circle, rate your pain from 1 to 10 (1 = barely noticeable, 5 = moderate and 10 = worst imaginable).



This worksheet has been developed by Kyphon, the recognized global leader in restoring spinal function through minimally invasive technology. For more information, please visit [www.kyphon.com](http://www.kyphon.com).

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