

# WHAT TO DO AFTER A FRACTURE?



**Fractures** occur when extreme force or impact is exerted on the bone, causing it to break. It is important that after a fracture, your doctor determines, if it is associated with a diagnosis of osteoporosis. To determine if you have osteoporosis, you must take the Bone mineral density test (BMD) or bone densitometry.

**This is a safe test, which measures the density of the bones and is used for:**

- know the health of your bones
- osteoporosis diagnose
- determine the risk of suffering another fracture
- evaluate treatment for osteoporosis

**If you have suffered a fracture,** ask your doctor about the test for bone density or if you need medication to prevent or treat osteoporosis.



If you have been diagnosed with osteoporosis, you can reduce your risk of fractures and improve the health of your bones.



### Learn about the condition.

- Talk to your doctor and clarify any questions you have.
- Read about the condition of osteoporosis.



### Follow your medication therapy.

- Pick up your prescriptions and refills at the pharmacy.
- Take the medicine as directed.



### Stay active.

- Do low impact activities like walking, dancing, or swimming.
- Talk to your doctor for recommendations on how to start, the amount and types of physical activity appropriate for you.



### Eat healthy.

- Lower your sodium intake.
- Watch your protein intake.
- Eat foods rich in calcium and vitamin D.



### Avoid smoking and decrease alcohol consumption.

- Start by establishing daily challenges.
- Set simple goals to achieve.
- Look for support to achieve this you can contact MCS Solutions at 1.866.627.4327.

References:

National Institutes of Health Osteoporosis and Related Bone Diseases, NIH  
<https://www.nia.nih.gov/health/falls-and-fractures-older-adults-causes-and-prevention>

Complete Health **MCS** Classicare (HMO)

MCS Classicare is an HMO plan subscribed by MCS Advantage, Inc. H5577\_11341222\_C