



Ask the Right Questions

I am experiencing height loss, stooped posture, or bone pain

Losing height, developing a stooped posture or experiencing persistent back pain may not simply be part of ageing. These symptoms can sometimes be caused by vertebral (spinal) fractures, which often occur without a major injury.



Questions to Ask Your Doctor

☐ Could my symptoms be caused by osteoporosis?

Your Notes:

☐ Should I have spinal imaging or a vertebral fracture assessment (VFA)?

Your Notes:

☐ Could I have had a spinal fracture without realising it?

Your Notes:

☐ What treatments are available if I have vertebral fractures?

Your Notes:

☐ How can I reduce my risk of future fractures?

Your Notes:



ADDITIONAL NOTES