

Could I be at risk for a spinal fracture?

If you think you have or may be at risk of a spinal fracture, you should talk with your doctor as soon as possible. To guide your discussion, below is a list of questions you can ask your doctor:

- 1. Can we take a minute and talk about my risk factors for osteoporosis and spinal fractures?**
- 2. What are the most likely causes of my back pain?**
- 3. I'm concerned about spinal fractures. What is my risk of having a spinal fracture now or in the future?**
- 4. What can be done today to find out if I have a spinal fracture?**
 - Should I have a spine X-ray?
 - If my X-ray shows a possible spinal fracture, what is the next step?
 - Are there treatments that can repair and stabilize the fracture?
 - Can you refer me to a spine specialist who performs Balloon Kyphoplasty?
- 5. What are the specific symptoms of a spinal fracture? What should I do if I experience symptoms of a spinal fracture so we can catch it in time for treatment?**
- 6. What medications or lifestyle changes should I start to protect my bones and reduce my risk of having a spinal fracture in the future? How will we monitor my spine and assess whether the treatment is working?**

If you have a spinal fracture, it's crucial that you see your doctor as soon as possible for diagnosis and, if necessary, get a referral to a spine specialist for treatment. Caught early, spinal fractures can be treated.

Although the complication rate with Balloon Kyphoplasty has been demonstrated to be low, as with most surgical procedures, there are risks associated with Balloon Kyphoplasty, including serious complications. Consult with your doctor for a full discussion of risks.