Discuss benefits versus risk of treatment
Discus specific anti-osteoporosis medications, calcium and vitamin D supplementation, fall risk assessment and prevention, as well as future care

Final shared treatment decision between patient and provider
Refer to country-specific guidelines for treatment options
Bisphosphonates

SERM

By enteral route: mild gastro-intestinal disturbances
Leg cramps and hot flushes

By IV: flu-like symptoms - acute and transient bone and muscle pain, as well as fever

What does my percentage risk mean?
Probability of fracture: _____% (e.g. FRAX®)

Common side effects

Bisphosphonates

By enteral route: mild gastro-intestinal disturbances
By IV: flu-like symptoms - acute and transient bone and muscle pain, as well as fever

SERM
Leg cramps and hot flushes

Infrequent side effects

SERM
Deep venous thromboembolism

Denosumab
Skin rashes and infections
Hypocalcemia

Anabolics
PTH and PTHrP analogs
Hypercalcemia
Nausea
Dizziness and headache
Hypercalciuria

Romosozumab
Rare cardiovascular events

Consequences of fracture

Overall decrease in quality of life including:

Pain
Loss of independence
Immobility
Premature death

Huge impact not just on the patient, but also on caregivers, family and friends

Relative risk reduction in fracture with anti-resorptive treatment*

Spine: 60%
Hip: 40%
Non-spine: 25%

*Hormone therapy, bisphosphonates and Denosumab

Risk of rare side effects with anti-resorptives

Probability of osteonecrosis of the jaw: 0.001% 3
Probability of atypical femur fractures: 0.001% 4

Probability of these rare side effects is minimal compared to the risk of fracture.