



**Ask your  
health care provider  
about this free booklet**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

## Protecting your Bones

### Preventing another fracture

**If you have had a fracture** due to osteoporosis this booklet has information on steps you can take to reduce your risk of having another fracture including taking medications, exercise, getting enough calcium and vitamin D, and reducing the chances of falling.