The Problem: Communication of risk is difficult

All too often, patients do not understand the link between osteoporosis and the high risk of fracture, and they may:
- **under-estimate** the potentially severe consequences of fractures
- **over-estimate** the very rare occurrence of serious side effects of anti-osteoporosis medication

Take up of, and adherence to, anti-osteoporosis medication is poor.
For example: with bisphosphonates 1/2 of patients stop their treatment after only 1 year\(^1,2\)

The Solution: Effective Physician-Patient Communication

By listening to patient concerns and clear communication and dialogue, physicians can help:

**Improve patient understanding & adherence to treatment**

**Stimulate patient involvement in treatment decisions**

**PATIENT-CENTRED CARE**

**Effective Treatment Initiation Check List**

- Check patient’s risk of fractures by an in-depth anamnesis
- Evidence-based diagnosis
- Explain the benefit and potential side-effects of treatments
- Consider patient’s need and preference
- Check patient’s concomitant medications
- Give advice on nutrition, lifestyle, fall prevention

**The Osteoporosis & Fracture Risk Evaluation Tool**

An IOF resource to help primary care physicians initiate dialogue and communicate key points with their patients:

- Risk screening questions algorithm
- Key messages in benefit vs risk discussion
- Risk factors check
- Pictorial representation of personal probability of fracture over 10 years
- Relative risk reduction in fracture with treatment

**REFERENCES**


**MORE INFORMATION**

https://www.osteoporosis.foundation/health-professionals/treatment