

SPINAL FRACTURE FACT SHEET FOR PATIENTS

COULD I BE AT RISK FOR A SPINAL FRACTURE?

Spinal fractures, also known as vertebral compression fractures (VCFs), are the most common fracture caused by osteoporosis. As many as two-thirds of spinal fractures go undiagnosed and untreated because patients are not aware of the symptoms, so it is important to be aware of your risk for a spinal fracture and to see your doctor right away if you think you may have one. Check how much you know about spinal fractures:

Facts About Spinal Fracture^{1,2}

- Osteoporosis is responsible for over 700,000 spinal fractures each year in the U.S.
- One in four women over age 50 will suffer an osteoporosis-related spinal fracture
- Unlike the pain from a broken arm or hip, the pain from a spinal fracture can be mild, making it difficult to know you have a broken bone in the spine
- Left untreated, multiple fractures can cause a hunched back (kyphosis) and affect your overall health

Risk Factors and Symptoms^{1,2}

- Over age 50 or postmenopausal women
- Osteoporosis, low bone mineral density, or prior fractures after age 50
- Family history of osteoporosis, fractures, or a hunched back
- Height loss or a hunched back
- Sudden onset of back pain lasting more than a few days (even if pain is only mild)

If You Think You Have a Spinal Fracture

- See your doctor as soon as possible for diagnosis and treatment
- Ask your doctor if you should have a spine X-ray or MRI
- If necessary, get a referral to a spine specialist for treatment – caught early, spinal fractures can be repaired

Treating Spinal Fractures with Balloon Kyphoplasty

- A minimally invasive procedure designed to repair spinal fractures
- Corrects the spinal deformity caused by the fracture



- Significantly reduces back pain
- Assists return to usual day-to-day activities
- Increases strength, mobility and independence

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

1. National Osteoporosis Foundation. www.nof.org/osteoporosis/diseasefacts.htm. Accessed August 31, 2007.
2. Gold DT, Silverman SL. The Downward Spiral of Vertebral Osteoporosis: Consequences. Monograph sponsored by Cedars-Sinai Medical Center, Los Angeles. Remedica Communications, Inc., June 2003.

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