

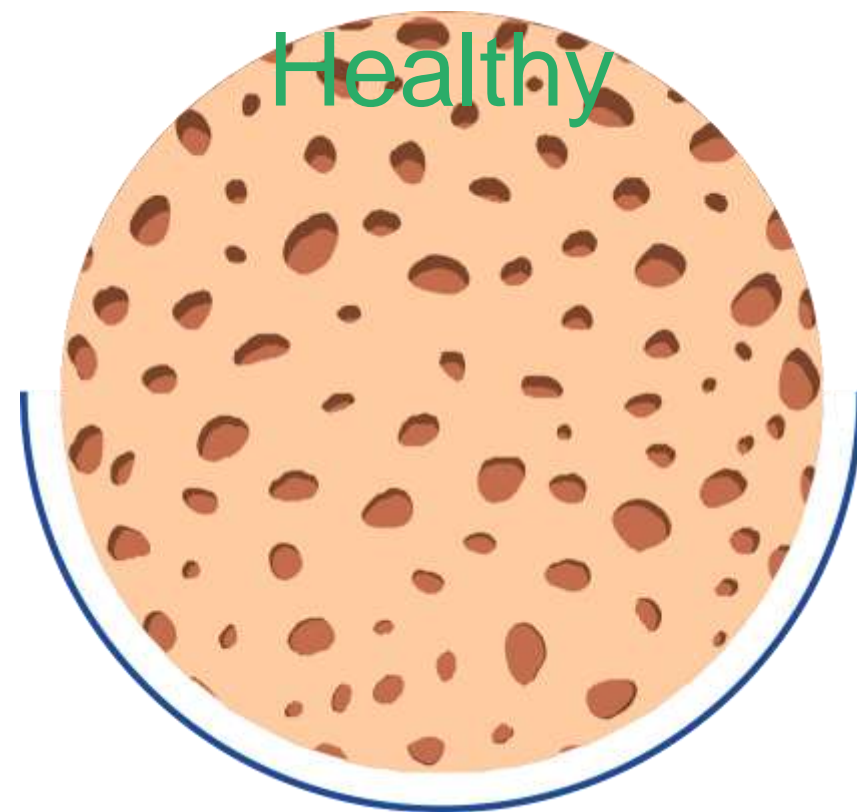
Understandin g Osteopor osis and Vertebral Compres



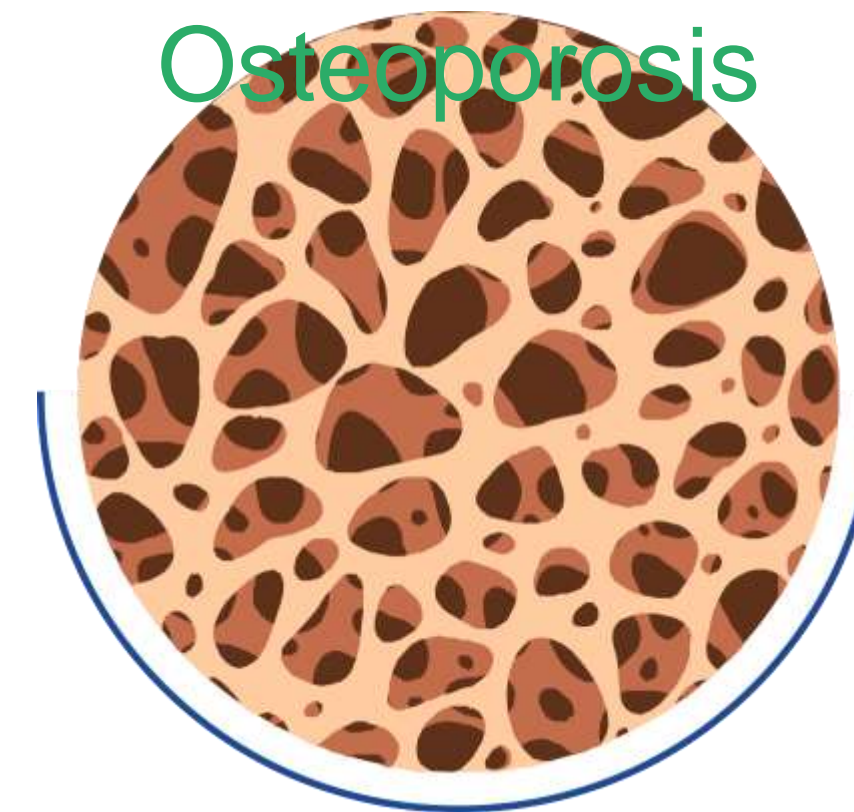
Old Age and

Osteoporosis is a bone disease of old age. It decreases bone density and mass, causing the bones to become weak, and increasing the risk of fractures.

High bone



Low bone



Understanding Vertebral

Fractures from osteoporosis commonly happen in the spine and are known as vertebral compression fractures (VCF).

Compression Fractures

Healthy spine



Spine with osteoporosis



Compression fracture



VCF affects **25%-50%** of individuals over the age of **50** years.³

Symptoms and Risk Factors of Vertebral

Compression Fractures

Symptoms of VO Risk factors



Pain in the back



Pain getting worse with motion/changing positions



Intensifying pain with coughing and sneezing



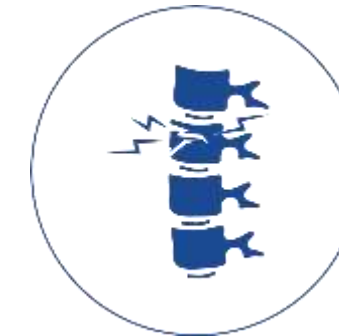
Pain that may relieve with rest/lying down



Older age



Women



Prior fractures



Inadequate nutrition



Vitamin-D deficiency



Lack of physical activity/sun exposure



Smoking and alcohol consumption



Family history



Use of certain medications

Preventive Measures for Vertebral

An already existing VCF increases the likelihood of developing another fracture by 5-folds in the future.

Compression Fractures



Consume enough
vitamin D and
calcium through
foods and
supplements



Sun exposure and
active
lifestyle



Avoid smoking
and
excessive
drinking



Regular
appointments to
get bone density
checked

How Will A Pain Physician Help You in the Treatment of Pain Associated with Vertebral Compression Fracture?

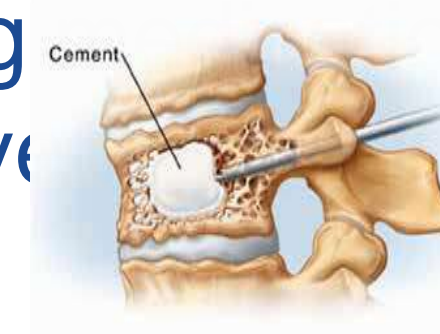
A **Pain Physician** will offer a personalized solution for the pain associated with VCF through tailored treatment plans including Invasive Pain and Spine and Minimally Invasive Pain and Spine (V-Strut and Minimally Invasive Vertebroplasty (MI) and Minimally Invasive Kyphoplasty (MIK) and Minimally Invasive Transpedicular Sclerotherapy (SI)).

Medications



- Non-steroidal anti-inflammatory medicines or other stronger prescription pain relievers.

Minimally Invasive Pain and Spine



- Vertebroplasty
- Balloon kyphoplasty
- Vertebral body stenting
- Vesselplasty
- V-strut
- Osseointegration



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