

## **My Bones and Me Workshop Guide**

### **Starter Activity**

#### **Bone Loss Risk Factors**

Write down the risk factors for bone loss and osteoporosis that you have been told is specific to your gender in the space below.

Once you have recorded all of the risk factors that you recall, find a partner and compare your lists.

We will review these factors later in the workshop.

### **Bone Mineral Density (BMD)**

Fill in the blank with the appropriate keyword.

\_\_\_\_\_ only measures bone quantity and not quality.

The BMD Test...

- ...measures the density of \_\_\_\_\_, like

\_\_\_\_\_, in your bone

- ...helps predict the risk of future \_\_\_\_\_

- ...helps to diagnose

\_\_\_\_\_ and \_\_\_\_\_.

Your \_\_\_\_\_ is a comparison of your BMD Test results to the ideal or peak mineral density of a healthy 30-year-old adult (peak bone density)

### Interpreting your T-Score

Fill in the chart with the appropriate BMD Test result.

T-Score	BMD Test Result
Greater than -1.0	
Between -1.0 and -2.5	
Less than -2.5	

### Fracture Risk for Men and Women

Fill in the blank with the appropriate keyword.

You should get a BMD Test if you are...

- \_\_\_\_\_
- A \_\_\_\_\_ or man  
(aged \_\_\_\_\_) with risk factors for fracture
- \_\_\_\_\_ with a disease or condition associated  
with low bone mass or bone loss.

\_\_\_\_\_ - Fracture Risk Assessment Tool

- can be calculated \_\_\_\_\_ a BMD test
- used for people \_\_\_\_\_ who are not on treatment
- BMD vs. Fracture Risk
  - Why is it important to know your BMD and your fracture risk?
  - What are the differences between BMD and Fracture Risk?

### **Low Bone Mass**

Fill in the blank with the appropriate keyword.

\_\_\_\_\_ - when your bone density is lower than normal, but not low enough to be considered osteoporosis (T-Score between -1 and -2.5)

### **What is the Significance of Low Bone Mass?**

In your groups, brainstorm what having low bone mass would mean to you. Write down at least 2 reasons why low bone mass is significant.

## **Treating Low Bone Mass**

Fill in the blank with the appropriate keywords.

You can slow the rate of bone loss by...

- ensuring you intake sufficient \_\_\_\_\_ and  
\_\_\_\_\_ and engage in an appropriate exercise  
routine
- Your doctor will evaluate you to see if you need  
\_\_\_\_\_

## **What Men and Women Need to Know!**

In groups of 3-4, share and compare risk factors for bone loss and osteoporosis. Compile a list of factors for men and women that can lead to bone loss and/or osteoporosis.

Record your ideas below.

Bone Loss Factors for Women

## Bone Loss Factors for Men

### Cool-down Activity

Briefly answer the following three questions about the material discussed in the workshop.

After you have completed your responses, compare your responses with the person next to you.

1. What is one way to treat low bone mass?
2. List two reasons for a Bone Mineral Density Test to be performed.
3. What are two (2) sex-based factors for bone loss?