



# Introduction To: "The Bare Bones of Bone Health"



Everyone with spinal cord injury, and their care team, should be in the business of promoting bone health and preventing fracture

**Osteoporosis** is a disease in which the bones become less dense and more likely to break (fracture). Spinal cord injury (SCI) causes osteoporosis and a greater risk of hip and knee region fracture. A new guideline called "Bone Health and Osteoporosis Management in Individuals with SCI, Clinical Practice Guideline for Health Care Providers" ([www.pva.org/publications](http://www.pva.org/publications)) was published by Paralyzed Veterans of America (PVA) in 2022. Although, the guideline was created for health care providers, it includes helpful information for you. We have summarized this information for you as "the Bare Bones Podcast Series".

**Did you know?**

3 Most Common Fracture Sites  
**Knee Regions and Hip**



**What is the Bare Bones Podcast Series?**  
A series of 9 podcasts and related handouts, entitled "The Bare Bones Podcast" will share what you can do to improve your bone health and reduce your fracture risk over time. There are many things you can do for your bone health!



**To Do List**

**Tips For Managing Your Bone Health**

- Listen to the 9 podcast episodes
- Read the 9 related handouts
- Apply what you learn to your daily life
- Discuss what you learned with your health care team



**Knowledge Is Power. See The Complete Picture For Healthy Bones & A Fracture-Free Life.**

**Learn More**

**SCI Fragments:**  
[www.scifragments.ca](http://www.scifragments.ca)



The information contained in these handouts & podcast are not intended to replace medical advice. Readers are advised to discuss their individual circumstances with their doctor & rehab care team.

**Funding**



This project is supported in part by the Paralyzed Veterans of America (PVA) Education Foundation (Grant 867), UHN Foundation, KITE Research Institute & CravenLab.



[www.cravenlab.ca](http://www.cravenlab.ca)

