



Santé Seins & Os
Breast & Bone Health

My Breast & Bone Health Action Plan

This plan helps to summarize your risk factors for low bone density. It also outlines what you can do to manage your bone health during and after your treatment. **Use this plan to help keep track of your bone health.**

Check all that apply:

My bone health risk factors: I ...

- Had a fragility fracture as an adult
 - Had a fracture in the spine
 - Have a parent who had or has a hip fracture and/or osteoporosis
 - Used or am using glucocorticoid medications every day for a long time (more than 3 months)
 - Currently smoke or smoked in the past
 - Have more than 1 alcoholic drink a day
 - Received or receiving treatment for rheumatoid arthritis
 - Experienced premature menopause (younger than 45 years old)
 - Experienced a fall in the past 12 months
 - Have difficulties with walking or balance; have a fear of falling
 - Have a low Body Mass Index (BMI) (lower than 19)
 - Experienced a loss in physical height
 - Do not do enough physical activity
 - Do not have enough calcium in my diet
 - Do not have enough vitamin D in my diet
 - Have low bone mineral density scan, according to a scan
 - Specify: Osteopenia
 - Osteoporosis
 - Other:
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My breast cancer treatment types that may affect my bone health:

- Premenopausal:
 - Tamoxifen
 - Gonadotropin-releasing hormone agonist:
 - Aromatase inhibitor:
 - Chemotherapy-induced premature menopause or amenorrhea (loss of periods)
- Post-menopausal:
 - Aromatase inhibitor:
- Ovaries were removed (oophorectomy)
- Other:

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse, physiotherapist, or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

What I can do to manage my bone health:

Request a bone mineral density scan from my doctor (e.g. family doctor or oncologist).

A repeat bone mineral density scan should be done every 2 years **if**

-I am taking an aromatase inhibitor,

-I am premenopausal and taking Tamoxifen and/or a GnRH agonist, or

-I had chemotherapy-induced premature menopause or loss of periods

The date of my last bone mineral density scan was on: _____

Get my height and weight measured at least once a year. If I notice a loss in height, I should speak to my nurse, family doctor, or oncologist.

The date I was last measured was on: _____

Height: _____ Weight: _____

Perform my arm and shoulder exercises after breast surgery and radiation therapy

Have a physiotherapist assess the movement in my arm and shoulder after breast surgery and radiation therapy

Stay as active as possible during my treatment

Exercise for healthy bones

Work towards 20-30 minutes a day of moderate exercise (or 150 minutes/week)

Include weight bearing exercises 3-5 times each week

Include strengthening exercises 2-3 times each week

Include balance exercises 2-3 times each week

Include posture exercises every day

Try a bone-healthy home exercise plan from the Breast & Bone Health Program

Get enough calcium and vitamin D every day (total includes diet and supplements).

Under 50 years old: 1000 mg Calcium; 400-1000 IU Vitamin D

50 years or older: 1200 mg Calcium; 800-2000 IU Vitamin D

Each pill of my calcium supplement contains: _____

Each pill of my vitamin D supplement contains: _____

When I'm ready, get support to stop smoking

Reduce my alcohol consumption

Other: