



Spine Fracture and Bone Health Clinic Video Transcript

Cate McGraw ([00:12](#)):

My name's Cate. I'm a nurse practitioner with Neurosurgery one. I am the program development coordinator, and I work in the bone health clinic. So the Bone health Clinic really is a three-pronged clinic where we work on optimizing our spine outcomes by treating osteoporosis. I think oftentimes people really think that osteoporosis is only happening in women after menopause, but actually it's way more common. One in three women will have osteoporosis and one in five men have osteoporosis. So I think it's appropriate to start screening between 60 and 65. There's a lot of lifestyle factors that affect the quality of your bones, smoking or drinking or previous eating disorders, sedentary lifestyle. But in addition, there's some secondary causes of osteoporosis, things like hyperparathyroidism. If you have vitamin D deficiency, I often see that vitamin D needs to be supplemented, and during our visit, we'll give you a sheet of fluids that are high in calcium to help you supplement throughout the day. One of the things that happens when we put hardware into people's spines is that we want to have a strong foundation for the hardware that we place. It's like hanging a picture on a stud instead of in the drywall. So a lot of what we do is to really help improve the bone quality, to optimize the success of the surgery.

Cate McGraw ([01:37](#)):

If your bones are considered weak, there's several medications called anabolic or bone building medications that we can actually give you. Oftentimes the bone building medications are actually daily injectable medications. They're actually very small needles, so about the size of an eyelash. So I think that it sounds scary when I say daily injections, but it is often something that people really are able to tolerate well. When a patient comes in is when we really identify the osteoporosis and work hard to get them on treatment. I don't want to have to treat our fractures. I want to help you prevent fractures from happening because that's really what's important in what I do.

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