

BONES IN FOCUS:

WHAT YOU NEED TO KNOW TO KEEP YOUR BONES STRONG

What are bone metastases and how can they affect my bone health?

Bone metastases are cancerous cells that have spread from a tumor in another organ to the bone.¹

Bone metastases can weaken the bone and cause serious bone problems, including²



- Broken bones (fractures)



- The need for radiation treatments to the bone



- The need for surgery to prevent or repair broken bones



- Pressure on the spinal cord (spinal cord compression)

Exercising while living with bone metastases can affect your risk of a serious bone problem. It requires planning and care. Be mindful of how you feel, and talk with your healthcare team before beginning or changing an exercise routine.³

What can I do to prevent serious bone problems?

Your doctor may prescribe one of the following *bone-targeting medicines* to help keep your bones strong.¹



- Biologics work by blocking a signal to the cells that break down bone¹
 - Given as an injection under the skin once every 4 weeks⁵



- Bisphosphonates work by interfering with the cells that break down bone¹
 - Given as an intravenous (IV) infusion every 3 to 4 weeks

What are the most common side effects of bone-targeting medicines?

Some patients experience tiredness/weakness, low phosphate levels in the blood, nausea, and feeling breathless or winded⁵

Talk to your healthcare team about potential side effects

Are there serious risks I should be aware of?

Lower than normal levels of calcium (hypocalcemia) may occur because less bone breakdown may result in less calcium being released into the bloodstream, which can be life-threatening¹

Symptoms of hypocalcemia include muscle stiffness, twitching, spasms, or cramps⁵

Take calcium and vitamin D as directed by your doctor⁵

A serious jaw bone problem, called osteonecrosis of the jaw, has occurred in some patients using bone-targeting medicines¹

Signs and symptoms include soft tissue swelling and redness, loose teeth, gum or jaw infections, and slow healing after dental work^{5,9}

Keep your mouth healthy while on treatment and talk to your doctor about any upcoming dental work^{1,10}

Tell your doctor if you experience any of these symptoms

TAKE AN ACTIVE ROLE IN PREVENTING SERIOUS BONE PROBLEMS

- ✓ Talk to your healthcare team about your risk for serious bone problems
- ✓ Ask about the potential benefits and risks of using a bone-targeting medicine
- ✓ For your best chance at success with a bone-targeting medicine, adhere to the treatment schedule you and your doctor set

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