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

**Serious bone problems should not be taken lightly. It is important to prevent them before they happen¹⁴**

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

**Continuing treatment with a bone-targeting medicine is important because it treats a different problem than your primary cancer treatment. Talk to your doctor about your best path forward⁶-⁸**
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 winded. 

- 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-threatening.
  - Symptoms of hypocalcemia include muscle stiffness, twitching, spasms, or cramps.
  - Take calcium and vitamin D as directed by your doctor.

- A serious jaw bone problem, called osteonecrosis of the jaw, has occurred in some patients using bone-targeting medicines.
  - Signs and symptoms include soft tissue swelling and redness, loose teeth, gum or jaw infections, and slow healing after dental work.
  - Keep your mouth healthy while on treatment and talk to your doctor about any upcoming dental work.

- 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.