

Sample Tool: Realistic Expectations (Osteoporosis)

B. My chances of fractures without treatment for osteoporosis

Now we are interested in your opinion about your chances of hip fractures some time in your lifetime without the use of therapy for osteoporosis.

Broken Hips from Osteoporosis

1. Do you consider yourself to be: [Check (✓) one box]
 - lower risk** for broken hips from osteoporosis?
 - moderate risk** for broken hips from osteoporosis?
 - higher risk** for broken hips from osteoporosis?

2. Out of **100** women like you, how many will have broken hips from osteoporosis some time in their life? Check (✓) one:
 - 100** out of **100** women will have broken hips from osteoporosis some time in their life
 - 81-99** women out of **100** women will have broken hips
 - 61-80** women out of **100** women will have broken hips
 - 41-60** women out of **100** women will have broken hips
 - 21-40** women out of **100** will have broken hips
 - 1-20** women out of **100** will have broken hips
 - 0** women out of **100** will have broken hips
 - Don't know

Sample Tool: Realistic Expectations (Osteoporosis)

C. The effects of osteoporosis therapies on my chances of hip fractures

Now we are interested in your opinion on how much different osteoporosis therapies will affect your chances of broken hips or spine fractures from osteoporosis.

Alendronate (Fosamax)

1. If **100** women like you were to take long-term alendronate, how many would be protected from broken hips from osteoporosis because they took alendronate? Check (✓) one:
- 100** out of **100** women will be protected from broken hips because they took alendronate
 - 76-99** women out of **100** women will be protected from broken hips
 - 51-75** women out of **100** women will be protected from broken hips
 - 26-50** women out of **100** women will be protected from broken hips
 - 16-25** women out of **100** will be protected from broken hips
 - 11-15** women out of **100** will be protected from broken hips
 - 1-10** women out of **100** will be protected from broken hips
 - 0** women out of **100** will be protected from broken hips
 - Don't know

Etidronate (Didrocal)

2. If **100** women like me were to take long-term etidronate, how many would be protected from broken hips from osteoporosis because they took etidronate? Check (✓) one:
- 100** out of **100** women will be protected from broken hips because they took etidronate
 - 76-99** women out of **100** women will be protected from broken hips
 - 51-75** women out of **100** women will be protected from broken hips
 - 26-50** women out of **100** women will be protected from broken hips
 - 16-25** women out of **100** will be protected from broken hips
 - 11-15** women out of **100** will be protected from broken hips
 - 1-10** women out of **100** will be protected from broken hips
 - 0** women out of **100** will be protected from broken hips
 - Don't know

Sample Tool: Realistic Expectations (Osteoporosis)

Hormone Therapy

3. If **100** women like you were to take long-term hormone therapy, how many would be protected from broken hips because they took hormones? Check (✓) one:
- 100** out of **100** women will be protected from broken hips because they took hormones
 - 76-99** women out of **100** women will be protected from broken hips
 - 51-75** women out of **100** women will be protected from broken hips
 - 26-50** women out of **100** women will be protected from broken hips
 - 16-25** women out of **100** will be protected from broken hips
 - 11-15** women out of **100** will be protected from broken hips
 - 1-10** women out of **100** will be protected from broken hips
 - 0** women out of **100** will be protected from broken hips
 - Don't know

Raloxifene (Evista)

4. If **100** women like you were to take raloxifene, how many would be protected from broken hips because they took raloxifene? Check (✓) one:
- 100** out of **100** women will be protected from broken hips because they took raloxifene
 - 76-99** women out of **100** women will be protected from broken hips
 - 51-75** women out of **100** women will be protected from broken hips
 - 26-50** women out of **100** women will be protected from broken hips
 - 16-25** women out of **100** will be protected from broken hips
 - 11-15** women out of **100** will be protected from broken hips
 - 1-10** women out of **100** will be protected from broken hips
 - 0** women out of **100** will be protected from broken hips
 - Don't know

Sample Tool: Realistic Expectations (Osteoporosis)

Residronate (Actonel)

5. If **100** women like you were to take residronate, how many would be protected from broken hips because they took residronate? Check (✓) one:
- 100** out of **100** women will be protected from broken hips because they took residronate
 - 76-99** women out of **100** women will be protected from broken hips
 - 51-75** women out of **100** women will be protected from broken hips
 - 26-50** women out of **100** women will be protected from broken hips
 - 16-25** women out of **100** will be protected from broken hips
 - 11-15** women out of **100** will be protected from broken hips
 - 1-10** women out of **100** will be protected from broken hips
 - 0** women out of **100** will be protected from broken hips
 - Don't know

Realistic Expectations © AM O'Connor et al. 1993, revised 2000.