

RED FATE CARDS

Photocopy the following "Fate Cards" on red paper or cardstock. Cut out each card and print the word "Fate Card" on the back of each card.

You are female.
Pay 200 "Osteo-coins"

You are a thin, small-framed elderly female.
Pay 200 "Osteo-coins"

You are male.
Earn 100 "Osteo-coins"

You are Caucasian.
Pay 200 "Osteo-coins"

You are Asian.
Pay 200 "Osteo-coins"

You are Black.
Earn 200 "Osteo-coins"

Due to a recent fall, you are homebound and cannot get outside. Your body cannot make enough vitamin D on its own.
Pay 200 "Osteo-coins"

You are an elderly man whose father had kidney stones. A doctor at the Senior Health Fair told you that excess calcium causes kidney stones, especially in those persons with a family history of kidney stones. You have your urine checked for calcium excretion.
Earn 100 "Osteo-coins"

As a 55-year old woman, menopause has begun and your doctor has prescribed an estrogen supplement for you. You are diligent about taking your medicine daily.

Earn 100 "Osteo-coins"

You are a woman who has breast cancer and high blood pressure. Your doctor will not prescribe estrogen replacement therapy for you. Instead, she recommends calcitonin therapy to help retard the effects of menopause on bone density.

Earn 100 "Osteo-coins"

Because you have had a complete hysterectomy, (surgery which includes removing your uterus and your ovaries), your body can no longer make sufficient estrogen. The loss of the protective effect of estrogen produced by the ovaries increases your risk for fractures.

Pay 200 "Osteo-coins"

You have had your epilepsy controlled with antiseizure drugs for some time. This has resulted in less calcium being available to the bones.

Pay 200 "Osteo-coins"

Even though osteoporosis is more common in females than males, some males do suffer with the disease. You are a frail male!!

Pay 200 "Osteo-coins"

Alcoholism has taken you over — you cannot seem to control your heavy drinking anymore. Alcohol consumption aggravates bone loss and leaves you more prone to falls and other accidents.

Pay 200 "Osteo-coins"

You were recently diagnosed with prostate cancer and have to undergo treatment to lower your testosterone levels.

Pay 200 "Osteo-coins"

You just turned 40 and found out that you are pregnant! Congratulations! The doctor says to increase your calcium intake and participate in 20 minutes of vigorous activity a day.

Earn 100 "Osteo-coins"

**Your mother and sister both
suffered with osteoporosis.
This family history
makes you at risk.**

Pay 200 "Osteo-coins"

**At 92, you are still a bundle
of energy! You just received
a certificate for being the
oldest "Sit and Be Fit"
participant at the
Senior Center.**

Earn 100 "Osteo-coins"

INFORMATION FOR “OS MASTER” RED FATE CARDS

Photocopy on red paper, then provide the “Os Master” with a copy the “Red Fate Cards” information.

1. You are female. *R - Pay 200 “Osteo-coins”*
2. You are a thin, small-framed elderly female. *R - Pay 200 “Osteo-coins”*
3. You are male. *R - Earn 100 “Osteo-coins”*
4. You are Caucasian. *R - Pay 200 “Osteo-coins”*
5. You are Asian. *R - Pay 200 “Osteo-coins”*
6. You are Black. *R - Earn 200 “Osteo-coins”*
7. Due to a recent fall, you are homebound and cannot get outside. Your body cannot make enough vitamin D on its own. *R - Pay 200 “Osteo-coins”*
8. You are an elderly man whose father had kidney stones. A doctor at the Senior Health Fair told you that excess calcium causes kidney stones, especially in those persons with a family history of kidney stones. You have your urine checked for calcium excretion. *R - Earn 100 “Osteo-coins”*
9. As a 55-year old woman, menopause has begun and your doctor has prescribed an estrogen supplement for you. You are diligent about taking your medicine daily. *R - Earn 100 “Osteo-coins”*
10. You are a woman who has breast cancer and high blood pressure. Your doctor will not prescribe estrogen replacement therapy for you. Instead, she recommends calcitonin therapy to help retard the effects of menopause on bone density. *R - Earn 100 “Osteo-coins”*
11. Because you have had a complete hysterectomy, (surgery which includes removing your uterus and your ovaries), your body can no longer make sufficient estrogen. The loss of the protective effect of estrogen produced by the ovaries increases your risk for fractures. *R - Pay 200 “Osteo-coins”*
12. You have had your epilepsy controlled with antiseizure drugs for some time. This has resulted in less calcium being available to the bones. *R - Pay 200 “Osteo-coins”*

13. Even though osteoporosis is more common in females than males, some males do suffer with the disease. You are a frail male! *R - Pay 200 "Osteo-coins"*
14. Alcoholism has taken you over — you cannot seem to control your heavy drinking anymore. Alcohol consumption aggravates bone loss and leaves you more prone to falls and other accidents. *R - Pay 200 "Osteo-coins"*
15. You were recently diagnosed with prostate cancer and have to undergo treatment to lower your testosterone levels. *R - Pay 200 "Osteo-coins"*
16. You just turned 40 and found out that you are pregnant! Congratulations! The doctor says to increase your calcium intake and participate in 20 minutes of vigorous activity a day. *R - Earn 100 "Osteo-coins"*
17. Your mother and sister both suffered with osteoporosis. This family history makes you at risk. *R - Pay 200 "Osteo-coins"*
18. At 92, you are still a bundle of energy! You just received a certificate for being the oldest "Sit and Be Fit" participant at the Senior Center. *R - Earn 100 "Osteo-coins"*