

RED CHOICE CARDS

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

Red — Choice Card #1

When you fractured your wrist the doctor said that you have early signs of osteoporosis. You should —

- a. *not worry about calcium or exercise — it's too late for you!*
- b. *be sure to get adequate calcium and perform weight-bearing exercises to build your bones*
- c. *get adequate calcium, but forget the exercise*

Red — Choice Card #2

You are 65 and have been diagnosed with osteoporosis. You will need to —

- a. *get adequate calcium and exercise*
- b. *take a recommended estrogen prescription*
- c. *get adequate calcium and exercise, and consider taking an estrogen supplement*

Red — Choice Card #3

Which weight-bearing activity will you chose to increase your bone strength the most?

- a. *rowing*
- b. *walking*
- c. *fishing*

Red — Choice Card #4

Research shows that most women do not get enough dietary calcium. Select the best time to take a calcium supplement.

- a. *take a tablet weekly*
- b. *take a tablet with each meal*
- c. *take one tablet daily along with plenty of liquids*

Red — Choice Card #5

How many 8-ounce servings of milk have you had in the last three days?

- a. *1–2 glasses*
- b. *3–4 glasses*
- c. *5 or more glasses*

Red — Choice Card #6

Due to recent knee surgery, you are not to participate in high-impact exercise. What is your next best choice to help keep your bones healthy?

- a. *jogging*
- b. *walking*
- c. *cross-country skiing machines*

Red — Choice Card #7

How many times did you eat cheese this last week?

- a. *1–2 times*
- b. *3–4 times*
- c. *5 or more times*

Red — Choice Card #8

How many times this past week have you eaten yogurt?

- a. *1–2 times*
- b. *3–4 times*
- c. *5 or more times*

Red — Choice Card #9

You don't want to drink milk with your lunch. Select an alternate beverage that is still good for your bones.

- a. coffee
- b. caffeinated soda
- c. calcium-fortified orange juice

Red — Choice Card #10

Homebound people do not get outside as much as they should. This may result in a certain vitamin deficiency. Recommend a way that they correct this situation.

- a. increase calcium consumption
- b. eat more Vitamin D fortified foods
- c. take a multiple vitamin with Vitamin D

Red — Choice Card #11

As you move from middle adulthood to late adulthood, your calcium needs

- a. remain about the same, unless you are not on estrogen therapy
- b. remain about the same
- c. become less

Red — Choice Card #12

You wish to begin a vegetable garden in your backyard. You want to plant a variety of vegetables, but you want to make sure there are some that are calcium-rich. Select the vegetables that provide the most calcium.

- a. broccoli, collard greens, turnips
- b. pinto beans, navy beans, lima beans
- c. green beans, sweetpeas, lettuce

Red — Choice Card #13

You have found that you now have less tolerance for dairy products, but you still want a glass of milk with your meals. What could you add to your milk to make it more tolerable?

- a. add chocolate flavoring
- b. add Lactase Drops
- c. add protein powder

Red — Choice Card #14

When you fractured your hip, the doctor told you that you had signs of osteoporosis. You should

- a. stop worrying about your calcium intake
- b. evaluate your diet and exercise program
- c. make no lifestyle changes

Red — Choice Card #15

You have been a jogger all of your life, but now that you are 65, your doctor has advised you that high impact activities are not good for your joints. Select a more appropriate activity that will still keep your bones and joints healthy with less impact.

- a. jogging on a treadmill
- b. walking
- c. skateboarding

Red — Choice Card #16

At age 78, you have experienced a hip fracture and have recovered slowly. Your family thinks that you should no longer live alone. To convince them that you can still take care of yourself, you:

- a. and your physical therapist create an exercise regimen to improve balance
- b. double your calcium dosage
- c. limit your movement throughout the house

Red — Choice Card #17

At age 62, your bone density reading indicates that you have osteoporosis. Your doctor tells you about various options to slow down the disease. You choose to

- a. *take prescribed calcium and vitamin D supplements*
- b. *quit drinking and quit smoking*
- c. *limit your movement as much as possible*

Red — Choice Card #18

At age 78, you are recovering from compression fractures in your spine. To help relieve the pain and improve your mobility, you rest when necessary,

- a. *but do many repetitions of sit-ups and leg lifts*
- b. *but do back extension exercises and strengthen abdominal muscles*
- c. *and stay in bed until all pain subsides*

Red — Choice Card #19

You have been seeing the same doctor for thirty years. He is not in favor of estrogen-replacement therapy following the onset of menopause. You

- a. *get a second opinion*
- b. *review the latest scientific information and share it with the doctor*
- c. *accept his treatment without question*

Red — Choice Card #20

Imagine that you're 55 years old. How much milk do you think you should drink in three days?

- a. *0 glasses*
- b. *1–3 glasses*
- c. *4 or more glasses*

Red — Choice Card #21

Maintaining muscle strength and balance can help prevent falls. As you are now 68, you want to reduce your chance of falling and having a fracture. Something easy you can choose to do is

- a. *start your own exercise program*
- b. *maintain good posture*
- c. *slouch forward when sitting*

Red — Choice Card #22

You and your friends are going to enjoy the Sunday "All-You-Can-Eat" Buffet. Select a calcium-rich meal.

- a. *shrimp, rice, green beans, chocolate cake*
- b. *roast beef, macaroni and cheese, sweet peas, cherry pie*
- c. *baked fish filet, mashed potatoes, broccoli and cheese sauce, soft-serve ice cream*

Red — Choice Card #23

You are going to stay in your teenage grandson's room over the Christmas holiday. Which thing can you ask him to do to make his room a safer place for you to stay?

- a. *pick up his clutter from the floor*
- b. *have a night-light in the room*
- c. *mop and wax the floor*

Red — Choice Card #24

You know that wearing appropriate shoes will reduce your risk of falling. Choose the best kind of shoes to wear during the work day.

- a. *floppy, slip-on slippers or sandals*
- b. *sturdy, low-heeled, soft-soled shoes*
- c. *spiked heels with ankle straps*

Red — Choice Card #25

Falls are a primary cause of accidental injury and death. To “Fall Proof” your home, you choose to

- a. *allow spills to dry, then wipe them up*
- b. *wipe up spills immediately*
- c. *place rugs in front of the sink to soak up spills*

Red — Choice Card #26

You know to ask your doctor about any side effects or complications that could result from the many prescriptions she gives you. When it comes time to take your meds, you choose to take

- a. *all of your medicines first thing in the morning so you won't forget a dose*
- b. *the correct dosage at the assigned times in the manner prescribed*
- c. *only the medicines that taste good*

Red — Choice Card #27

Sudden shocks and bending forward abruptly can cause damage to vertebrae in the spine. In older people, even a simple sneeze or cough can cause a problem. So, the next time you sneeze, you will choose to

- a. *try to stop the sneeze*
- b. *quickly bend forward*
- c. *support your back with your hand*

Red — Choice Card #28

To improve your posture, your doctor has suggested an exercise regimen. You choose to follow the regimen

- a. *but only work out once a week*
- b. *until the exercises cause pain and discomfort then quit altogether*
- c. *by starting out slowly then building up to a tolerable daily routine*

Red — Choice Card #29

Your diagnosis of osteoporosis caused you to make many important changes and adopt some helpful habits. These are important steps to take because

- a. *current practices will cure osteoporosis*
- b. *a positive attitude can help you cope with your disease*
- c. *you can lessen your chance of injury and decrease your pain*

Red — Choice Card #30

Benefits to estrogen-replacement therapy include prevention of bone loss and prevention of cardiovascular disease. Most women can successfully take estrogen, so you

- a. *refuse because it is linked to some cancers*
- b. *study the pros and cons, then begin the recommended therapy*
- c. *begin therapy, but quit shortly because taking a daily tablet is a pain*

Red — Choice Card #31

To help retard bone loss during menopause, you choose to

- a. *receive fluoride treatments*
- b. *have estrogen-replacement therapy*
- c. *take high doses of calcium supplements*

Red — Choice Card #32

To help prevent falls, you have signed up for Tai Chi classes. This choice will help

- a. *you with your balance and flexibility*
- b. *your ability to defend yourself*
- c. *give you a high degree of confidence*

Red — Choice Card #33

You have signed up for ballroom dance class and choose to

- a. *practice three times a week and attend classes*
- b. *practice aggressively during your class only*
- c. *sit on the side with the wallflowers and observe others learning to dance*

Red — Choice Card #34

This afternoon, you have a doctor's appointment for a re-evaluation and to renew your calcium prescription.

You choose to

- a. *forget about going; it interferes with bingo*
- b. *see the doctor, fill your prescription, and then go to bingo*
- c. *see the doctor, but forget about the prescription*

Red — Choice Card #35

After a few days have passed, you are still suffering with a pain in your back. You decide to

- a. *be as stubborn as always and just ignore it*
- b. *contact the doctor's office and ask about treatment*
- c. *give it just one more day to see if it will go away*

INFORMATION FOR “OS MASTER” RED CHOICE CARDS

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

Red — Choice Card 1

When you fractured your wrist the doctor said that you have early signs of osteoporosis. You should —

- a. *not worry about calcium or exercise —
it's too late for you!* *pay 50 “Osteo-coins”*
- b. *be sure to get adequate calcium and perform
weight-bearing exercises to build your bones* *earn 25 “Osteo-coins”*
- c. *get adequate calcium, but forget the exercise* *earn 10 “Osteo-coins”*

Red — Choice Card 2

You are 65 and have been diagnosed with osteoporosis. You will need to —

- a. *get adequate calcium and exercise* *earn 10 “Osteo-coins”*
- b. *take a recommended estrogen prescription* *earn 10 “Osteo-coins”*
- c. *get adequate calcium and exercise, and
consider taking an estrogen supplement* *earn 25 “Osteo-coins”*

Red — Choice Card 3

Which weight-bearing activity will you choose to increase your bone strength the most?

- a. *rowing* *earn 10 “Osteo-coins”*
- b. *walking* *earn 25 “Osteo-coins”*
- c. *fishing* *0, no “Os” gain, no “Os” loss*

RED — Choice Card 4

Research shows that most women do not get enough dietary calcium. Select the best time to take a calcium supplement.

- a. *take a tablet weekly* *pay 10 “Osteo-coins”*
- b. *take a tablet with each meal* *earn 25 “Osteo-coins”*
- c. *take one tablet daily along with plenty of liquids* *earn 10 “Osteo-coins”*

RED — Choice Card 5

How many 8-ounce servings of milk have you had in the last three days?

- a. *1–2 glasses* *0, no “Os” gain, no “Os” loss*
- b. *3–4 glasses* *earn 10 “Osteo-coins”*
- c. *5 or more glasses* *earn 25 “Osteo-coins”*

If the player has not had milk in the last week, no “Osteo-coins” are given.

RED — Choice Card 6

Due to recent knee surgery, you are not to participate in high impact exercise. What is your next best choice to help keep your bones healthy?

- a. jogging *0, high impact exercise*
- b. walking *earn 25 "Osteo-coins"*
- c. cross-country skiing machines *earn 10 "Osteo-coins"*

RED — Choice Card 7

How many times did you eat cheese this last week?

- a. 1–2 times *0, no "Os" gain, no "Os" loss*
- b. 3–4 times *earn 10 "Osteo-coins"*
- c. 5 or more times *earn 25 "Osteo-coins"*

If the player has not had cheese in the last week, no "Osteo-coins" are given.

RED — Choice Card 8

How many times this past week have you eaten yogurt?

- a. 1–2 times *0, no "Os" gain, no "Os" loss*
- b. 3–4 times *earn 10 "Osteo-coins"*
- c. 5 or more times *earn 25 "Osteo-coins"*

If the player has not had yogurt in the last week, no "Osteo-coins" are given.

RED — Choice Card 9

You don't want to drink milk with your lunch. Select an alternate beverage that is still good for your bones.

- a. coffee *pay 50 "Osteo-coins"*
- b. caffeinated soda *pay 25 "Osteo-coins"*
- c. calcium-fortified orange juice *earn 25 "Osteo-coins"*

RED — Choice Card 10

Homebound people do not get outside as much as they should. This may result in a certain vitamin deficiency. Recommend a way that they correct this situation.

- a. increase calcium consumption *0, no "Os" gain, no "Os" loss*
- b. eat more Vitamin D fortified foods *earn 25 "Osteo-coins"*
- c. take a multiple vitamin with Vitamin D *earn 25 "Osteo-coins"*

RED — Choice Card 11

As you move from middle adulthood to late adulthood, your calcium needs

- a. remain about the same, unless you
are not on estrogen therapy *earn 25 "Osteo-coins"*
- b. remain about the same *0, no "Os" gain, no "Os" loss*
- c. become less *pay 50 "Osteo-coins"*

RED — Choice Card 12

You wish to begin a vegetable garden in your backyard. You want to plant a variety of vegetables, but you want to make sure there are some that are calcium-rich. Select the vegetables that provide the most calcium.

- a. *broccoli, collard greens, turnips* *earn 25 "Osteo-coins"*
- b. *pinto beans, navy beans, lima beans* *earn 10 "Osteo-coins"*
- c. *green beans, sweet peas, lettuce* *0, no "Os" gain, no "Os" loss*

RED — Choice Card 13

You have found that you now have less tolerance for dairy products, but you still want a glass of milk with your meals. What could you add to your milk to make it more tolerable?

- a. *add chocolate flavoring* *pay 25 "Osteo-coins"*
- b. *add Lactase Drops* *earn 25 "Osteo-coins"*
- c. *add protein powder* *pay 25 "Osteo-coins"*

RED — Choice Card 14

When you fractured your hip, the doctor told you that you had signs of osteoporosis. You should

- a. *stop worrying about your calcium intake* *pay 50 "Osteo-coins"*
- b. *evaluate your diet and exercise program* *earn 25 "Osteo-coins"*
- c. *make no lifestyle changes* *pay 50 "Osteo-coins"*

RED — Choice Card 15

You have been a jogger all of your life, but now that you are 65, your doctor has advised you that high impact activities are not good for your joints. Select a more appropriate activity that will still keep your bones and joints healthy with less impact.

- a. *jogging on a treadmill* *pay 50 "Osteo-coins"*
- b. *walking* *earn 25 "Osteo-coins"*
- c. *skateboarding* *pay 50 "Osteo-coins"*

RED — Choice Card 16

At age 78, you have experienced a hip fracture and have recovered slowly. Your family thinks that you should no longer live alone. To convince them that you can still take care of yourself, you:

- a. *and your physical therapist create an exercise regimen to improve balance* *earn 25 "Osteo-coins"*
- b. *double your calcium dosage* *pay 25 "Osteo-coins"*
- c. *limit your movement throughout the house* *pay 25 "Osteo-coins"*

RED — Choice Card 17

At age 62, your bone density reading indicates that you have osteoporosis. Your doctor tells you about various options to slow down the disease. You choose to

- a. *take prescribed calcium and vitamin D supplements* *earn 25 "Osteo-coins"*
- b. *quit drinking and quit smoking* *earn 10 "Osteo-coins"*
- c. *limit your movement as much as possible* *pay 25 "Osteo-coins"*

RED — Choice Card 18

At age 78, you are recovering from compression fractures in your spine. To help relieve the pain and improve your mobility, you rest when necessary,

- a. *but do many repetitions of sit-ups and leg lifts* *pay 25 "Osteo-coins"*
- b. *but do back extension exercises and
strengthen abdominal muscles* *earn 25 "Osteo-coins"*
- c. *and stay in bed until all pain subsides* *pay 25 "Osteo-coins"*

RED — Choice Card 19

You have been seeing the same doctor for thirty years. He is not in favor of estrogen-replacement therapy following the onset of menopause. You

- a. *get a second opinion* *earn 25 "Osteo-coins"*
- b. *review the latest scientific information
and share it with the doctor* *earn 25 "Osteo-coins"*
- c. *accept his treatment without question* *pay 25 "Osteo-coins"*

RED — Choice Card 20

Imagine that you're 55 years old. How much milk do you think you should drink in three days?

- a. *0 glasses* *0*
- b. *1–3 glasses* *earn 10 "Osteo-coins"*
- c. *4 or more glasses* *earn 25 "Osteo-coins"*

RED — Choice Card 21

Maintaining muscle strength and balance can help prevent falls. As you are now 68, you want to reduce your chance of falling and having a fracture. Something easy you can choose to do is

- a. *start your own exercise program* *pay 50 "Osteo-coins" (please consult with your doctor first)*
- b. *maintain good posture* *earn 25 "Osteo-coins"*
- c. *slouch forward when sitting* *pay 50 "Osteo-coins"*

RED — Choice Card 22

You and your friends are going to enjoy the Sunday “All-You-Can-Eat” Buffet. Select a calcium-rich meal.

- a. *shrimp, rice, green beans, chocolate cake* *earn 10 “Osteo-coins”*
- b. *roast beef, macaroni and cheese, sweet peas, cherry pie* *earn 10 “Osteo-coins”*
- c. *baked fish filet, mashed potatoes, broccoli and cheese sauce, soft-serve ice cream* *earn 25 “Osteo-coins”*

RED — Choice Card 23

You are going to stay in your teenage grandson’s room over the Christmas holiday. Which thing can you ask him to do to make his room a safer place for you to stay?

- a. *pick up his clutter from the floor* *earn 25 “Osteo-coins”*
- b. *have a night-light in the room* *earn 25 “Osteo-coins”*
- c. *mop and wax the floor* *pay 25 “Osteo-coins”*

RED — Choice Card 24

You know that wearing appropriate shoes will reduce your risk of falling. Choose the best kind of shoes to wear during the work day.

- a. *floppy, slip-on slippers or sandals* *pay 25 “Osteo-coins”*
- b. *sturdy, low-heeled, soft-soled shoes* *earn 25 “Osteo-coins”*
- c. *spiked heels with ankle straps* *pay 25 “Osteo-coins”*

RED — Choice Card 25

Falls are a primary cause of accidental injury and death. To “Fall Proof” your home, you choose to

- a. *allow spills to dry, then wipe them up* *pay 25 “Osteo-coins”*
- b. *wipe up spills immediately* *earn 25 “Osteo-coins”*
- c. *place rugs in front of the sink to soak up spills* *pay 25 “Osteo-coins”*

RED — Choice Card 26

You know to ask your doctor about any side effects or complications that could result from the many prescriptions she gives you. When it comes time to take your meds, you choose to take

- a. *all of your medicines first thing in the morning so you won’t forget a dose* *pay 25 “Osteo-coins”*
- b. *the correct dosage at the assigned times in the manner prescribed* *earn 25 “Osteo-coins”*
- c. *only the medicines that taste good* *pay 50 “Osteo-coins”*

RED — Choice Card 27

Sudden shocks and bending forward abruptly can cause damage to vertebrae in the spine. In older people, even a simple sneeze or cough can cause a problem. So, the next time you sneeze, you will choose to

- a. *try to stop the sneeze* pay 25 "Osteo-coins"
- b. *quickly bend forward* pay 25 "Osteo-coins"
- c. *support your back with your hand* earn 25 "Osteo-coins"

RED — Choice Card 28

To improve your posture, your doctor has suggested an exercise regimen. You choose to follow the regimen

- a. *but only work out once a week* pay 25 "Osteo-coins"
- b. *until the exercises cause pain and discomfort then quit altogether* pay 25 "Osteo-coins"
- c. *by starting out slowly then building up to a tolerable daily routine* earn 25 "Osteo-coins"

RED — Choice Card 29

Your diagnosis of osteoporosis caused you to make many important changes and adopt some helpful habits. These are important steps to take because

- a. *current practices will cure osteoporosis* pay 25 "Osteo-coins"
- b. *a positive attitude can help you cope with your disease* earn 10 "Osteo-coins"
- c. *you can lessen your chance of injury and decrease your pain* earn 25 "Osteo-coins"

RED — Choice Card 30

Benefits to estrogen-replacement therapy include prevention of bone loss and prevention of cardiovascular disease. Most women can successfully take estrogen, so you

- a. *refuse because it is linked to some cancers* pay 25 "Osteo-coins"
- b. *study the pros and cons, then begin the recommended therapy* earn 25 "Osteo-coins"
- c. *begin therapy, but quit shortly because taking a daily tablet is a pain* pay 50 "Osteo-coins"

RED — Choice Card 31

To help retard bone loss during menopause, you choose to

- a. *receive fluoride treatments* 0, no significant bone increase
- b. *have estrogen-replacement therapy* earn 25 "Osteo-coins"
- c. *take high doses of calcium supplements* 0

RED — Choice Card 32

To help prevent falls, you have signed up for Tai Chi classes. This choice will help

- a. *you with your balance and flexibility* earn 25 "Osteo-coins"
- b. *your ability to defend yourself* earn 10 "Osteo-coins"
- c. *give you a high degree of confidence* earn 10 "Osteo-coins"

RED — Choice Card 33

You have signed up for ballroom dance class and choose to

- | | |
|---|------------------------------|
| <i>a. practice three times a week and attend classes</i> | <i>earn 25 "Osteo-coins"</i> |
| <i>b. practice aggressively during your class only</i> | <i>0</i> |
| <i>c. sit on the side with the wallflowers and observe others learning to dance</i> | <i>pay 25 "Osteo-coins"</i> |

RED — Choice Card 34

This afternoon, you have a doctor's appointment for a re-evaluation and to renew your calcium prescription. You choose to

- | | |
|--|------------------------------|
| <i>a. forget about going; it interferes with bingo</i> | <i>pay 50 "Osteo-coins"</i> |
| <i>b. see the doctor, fill your prescription, and then go to bingo</i> | <i>earn 25 "Osteo-coins"</i> |
| <i>c. see the doctor, but forget about the prescription</i> | <i>pay 25 "Osteo-coins"</i> |

RED — Choice Card 35

After a few days have passed, you are still suffering with a pain in your back. You decide to

- | | |
|---|------------------------------|
| <i>a. be as stubborn as always and just ignore it</i> | <i>pay 50 "Osteo-coins"</i> |
| <i>b. contact the doctor's office and ask about treatment</i> | <i>earn 25 "Osteo-coins"</i> |
| <i>c. give it just one more day to see if it will go away</i> | <i>pay 25 "Osteo-coins"</i> |