

Talking with Your Doctor at your regular check-up

Prepare for your doctor visit

- ✓ Be an informed patient — the more you know, the better you can communicate.
- ✓ Know your family's medical history, especially any relatives with fractures or stooped posture.
- ✓ Know your medical history. Your doctor will ask about past and present medical conditions.
- ✓ Bring a list of questions. Check the most important ones.
- ✓ Take notes or bring a family member or friend to take notes. Refer to them later.
- ✓ When scheduling your appointment, ask for extra time to talk about osteoporosis. If that is not possible, ask to speak to the nurse or another health care professional.

For All Ages

Notes

- Should I be worried about my bone health?
- How much calcium do I need and what are the best sources?
- How much vitamin D do I need and is sun my best source?
- Do any medications I take affect my bones?
- How can smoking and drinking alcohol affect my bones?
- How can I strengthen my bones?
- What type of exercise is best?
- How does caffeine affect my bones?

At Midlife

- Should I be worried about losing bone?
- Should I have a bone mineral density test?
- Are my bones at greater risk if I am menopausal? (women)
- At what age does my fracture risk increase? (men)

For Older Adults

- How can I improve my bone health?
- Should I have a bone mineral density test?
- Who can design an exercise program for me?
- Am I at risk of falling?
- What home modifications should I make to protect myself from falling?

Talking with Your Doctor after Your Bone Density Test

Bone Density Test Results*

Notes

- What is my T-score?
- Should I be worried about my bone health?
- Should I have additional blood or urine tests?
- What is my risk of fracture?

Osteoporosis Prevention

- How much calcium and vitamin D do I need?
- What are the best sources of calcium?
- What are the best sources of vitamin D?
- How can I strengthen my bones?
- Does my posture need attention?
- What type of exercise is best?
- What exercises or activities should I avoid?
- Who can help design an exercise program for me?
- Am I at risk of falling?
- What home modifications should I make to protect myself from falling?

Osteoporosis Treatment

- Do any of the drugs I take affect my bones?
- Do any of the drugs I take affect my balance?
- Can I avoid future fractures without drugs?
- Do I need to think about a drug treatment?
- What drug options are best for me?
- If I consider drugs what are the benefits and risks?

*Be sure to ask for a copy of your bone density test results for your records.

Now you have the knowledge and power to
keep your bones strong and prevent bone loss.

Make a commitment to your bones everyday.

*They support you, won't you support them?*TM

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