**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

- 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*

- 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?™

---

**AMERICAN BONE HEALTH**

510_832_2663

www.americanbonehealth.org

©2010 American Bone Health