

# Talking with Your Health Care Provider

## About Bone Health

### PREPARE FOR YOUR APPOINTMENT

**Be an informed patient – the more you prepare and know, the better you can communicate.**

- Know your fracture and medical history including medicines you are taking and your medical conditions.
- Know your family's osteoporosis and fracture history (except skull, fingers and toes).
- Determine your 10-year fracture risk:
  - Use the American Bone Health Fracture Risk Calculator™, which you can find at <https://AmericanBoneHealth.org/calculator>.
  - Download and print out your results and the document, [Steps to Take When You Know Your Fracture Risk](#), from the [Fracture Risk Calculator](#) results page and take both to your appointment.
- Bring a list of your bone health questions. (See the list below.)
- Take notes or record your visit so you can refer to it later.



**Search for these informative articles and downloadable handouts on the American Bone Health™ website or click on the links below.**

- [Medicines That May Cause Bone Loss and Contribute to Osteoporosis](#)
- [Tests to Determine Secondary Causes of Bone Loss](#) (including contributing medical conditions)
- [Understanding Your Bone Density \(DXA\) Results – Your T-Score and Z-Score Explained](#)
- [Calcium and Vitamin D – The Dynamic Duo](#) AND [Nutrients for Bone Health](#)

### ASK QUESTIONS OF YOUR HEALTH CARE PROVIDER

**It is important for everyone to have a Bone Health Plan – an understanding of your current bone health, fracture risks and strategies for building and keeping strong bones for life. Ask your health care provider the questions below to get started on your Bone Health Plan.**

**Do the medical conditions I have and the medicines I'm taking weaken my bones?**

- I have \_\_\_\_\_ (condition) / take \_\_\_\_\_ (medicine).

**What is the strategy to minimize bone loss?**

- I have \_\_\_\_\_ (condition) / take \_\_\_\_\_ (medicine).

**What is the strategy to minimize bone loss?**

- I have \_\_\_\_\_ (condition) / take \_\_\_\_\_ (medicine).

**What is the strategy to minimize bone loss?**

**Notes**

# ASK QUESTIONS OF YOUR HEALTH CARE PROVIDER (CONT.)

## Bone Density Questions

(check the ones that apply):

- If you are a woman under 65 or a man without risk factors, or have a low Fracture Risk Calculator result:

When do I need to have a bone density test?

- If you are a woman under 65 with a risk factor, a woman age 65 or above, or a man with a risk factor:

Can you prescribe a bone density test for me?

- I've had a bone density test.

What are my bone density test results, and what do they mean for me?

When do I need to repeat the bone density test?

---

## Fracture Prevention

- Based on my fracture risk results and bone density test results, is there anything I should be doing to strengthen my bones (i.e., exercise, diet, calcium, vitamin D)?
- Can you recommend an exercise specialist who can design a program for bone health and balance training, and can you give me a referral?

---

## Treatment

- Are there bone-strengthening medicines that may help protect me from breaking a bone?
- If I consider a medicine for my bones, what are the benefits and risks?

Notes

---

If you still have questions after your appointment, American Bone Health can help.



[AmericanBoneHealth.org](https://AmericanBoneHealth.org)

[info@AmericanBoneHealth.org](mailto:info@AmericanBoneHealth.org)

American Bone Health Helpline (855) 365-2663