

**USE THIS HANDY CHECKLIST TO HELP YOU REMEMBER TO GET YOUR QUESTIONS ANSWERED AND MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROVIDER. WRITE THE ANSWERS IN THE SPACE PROVIDED.**

**1. Do I have any risk factors for osteoporosis or broken bones (fractures)?**

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**2. Am I getting enough calcium and vitamin D?** \_\_\_\_\_

Amount of calcium I should get every day: \_\_\_\_\_

Amount of vitamin D I should get every day: \_\_\_\_\_

**3. What kind of exercise can help me build strong bones?**

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**4. Could any of the medications I take cause bone loss or increase my risk of falls?**

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**5. Do I have any medical conditions that could cause bone loss?**

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**6. Do I need a Bone Density Test? (also called a DXA scan)**

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**7. Are my Bone Density Test results normal? (if you have had this test)**

• What do the results mean? \_\_\_\_\_

• If I have osteoporosis or low bone density, will good nutrition and exercise help keep my bones strong? \_\_\_\_\_

• If I have osteoporosis or low bone density, do I need medication? \_\_\_\_\_

**8. How can I prevent falls?**

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