

## Questions to Ask Your Healthcare Provider about Bone Health and Osteoporosis

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 fractures?

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?

4. Could any of the medications I take cause bone loss?

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

6. Do I need a bone mineral density (BMD) test?

7. Are my BMD results normal? *[If you have had a bone mineral density (BMD) test]*

- What do the results mean?
- If I have osteoporosis or low bone density, do I need a medicine?

8. How can I prevent falls?