



SPEAKING UP FOR YOUR BONES

It's important to discuss your bone health with your doctor, especially after the onset of menopause.

Fill out the form below and bring it to your next appointment to be sure you get the most out of your conversation.

My osteoporosis history

I was diagnosed with osteoporosis in:

..... / by
MO YEAR DOCTOR OR HOSPITAL

I was diagnosed after a: DXA Fracture

My last DXA scan was in: /
MO YEAR

My T-score is: Site tested:
 Lumbar spine Total hip
 Femoral neck

My fracture history

The date of my last fracture was: /
MO YEAR

The bone I last fractured was:
.....
BONE

How I got my last fracture:

My last fracture was treated at:
.....

Questions to ask your doctor

1: How much calcium and/or vitamin D should I be taking? *If you currently take calcium and/or vitamin D, note how much you take:*

2: Are there any exercises I should be doing to help my bone strength? *Make note of any exercises you currently do:*

3: What are some other lifestyle changes I should make now to help my bones stay strong?

4: How frequently should I be getting a DXA scan?

5: How do different types of osteoporosis treatments work? What are the pros and cons of these different treatment types based on my medical history?

6: Am I currently taking any medications that may cause bone loss? *Make note of medications you currently take:*