### My osteoporosis history

I was diagnosed with osteoporosis in:

/  

by

I was diagnosed after a:  

- [ ] DXA  
- [ ] Fracture

My last DXA scan was in:

/  

My T-score is:

- [ ] Lumbar spine  
- [ ] Total hip  
- [ ] Femoral neck

### My fracture history

The date of my last fracture was:

/  

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:*

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