

APPOINTMENT GUIDE

SPEAK WITH YOUR DOCTOR AT YOUR NEXT VISIT

The information you share with your doctor will help to determine your risk for osteoporosis. Take this appointment guide along to your next doctor's visit.

Tips:

- Complete the osteoporosis risk factor assessment and take it along
- Know your family's medical history, especially any relatives with fractures or stooped posture
- Know your medical history. Your doctor will ask about past and present medical conditions
- Write down a list or take photos of the medicines and supplements you are currently taking
- If your doctor orders a bone mineral density (BMD) test for you, be sure to ask for a copy of your test results for your records

HERE IS A LIST OF THE QUESTIONS YOU CAN ASK YOUR DOCTOR. CHECK THE MOST IMPORTANT ONES FOR YOU.

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| <input type="checkbox"/> Do I have osteoporosis? | <input type="checkbox"/> Does my posture need attention? |
| <input type="checkbox"/> How can I improve my bone health? | <input type="checkbox"/> How can smoking and drinking alcohol affect my bones? |
| <input type="checkbox"/> Should I have a bone mineral density (BMD) test? | <input type="checkbox"/> Can I avoid future fractures without treatment? |
| <input type="checkbox"/> How much calcium and vitamin D do I need? | <input type="checkbox"/> Do I need to take additional supplements to keep my bones healthy? |
| <input type="checkbox"/> What are the best sources of calcium? | <input type="checkbox"/> How do you treat osteoporosis? |
| <input type="checkbox"/> What are the best sources of vitamin D? | <input type="checkbox"/> What treatment options are best for me? |
| <input type="checkbox"/> Do any medications I take affect my bones or balance? | <input type="checkbox"/> What are the benefits and risks of osteoporosis treatment? |
| <input type="checkbox"/> Do any of my medical conditions affect my bones? | |