

# BONE HEALTH: DOCTOR DISCUSSION GUIDE



One in three women from the age of 50 will suffer a bone fracture caused by osteoporosis. It is important to talk to your doctor about bone health and address your risks for conditions such as osteoporosis.

## QUESTIONS TO ASK YOUR DOCTOR:

1. What are the risk factors for osteoporosis and fractures?
2. How can I prevent falls?
3. Do any of my prescribed medications put me at greater risk for osteoporosis?
4. How can I keep my bones strong?
5. What kinds of exercises can help?
6. Should I change my diet or lifestyle to reduce my risk of osteoporosis?
7. What kind of tests can help diagnose if I have osteoporosis?
8. Would I benefit from a fracture risk assessment (FRAX) and/or a bone mineral density (BMD) test?
9. Addressing family history:
  - Option A) I have a family history of bone fractures, what measures can I take to help keep my bone strong?
  - Option B) I do not have a family history of bone fractures, but I still want to take precautionary measures, do you have any recommendations for me?
  - Option C) I am not sure if I have a family history of bone fractures, but I still want to take precautionary measures, do you have any recommendations for me?

## NOTES SECTION

SYMPTOMS	RISKS	MANAGEMENT OPTIONS	GENERAL NOTES