

# DOCTOR DISCUSSION GUIDE

Be prepared to talk with your doctor.



When scheduling your appointment, ask for extra time to talk about osteoporosis.

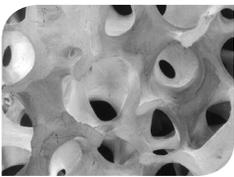


If that is not possible, ask if you can speak to another healthcare professional from the office about osteoporosis.

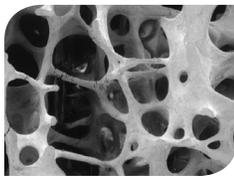
**TAKE  
CHARGE**  
of osteoporosis



Normal Bone



Bone Affected by Osteoporosis



Your bones could become fragile without you knowing it. When you reach menopause, a sharp drop in estrogen can lead to rapid bone loss—and increase your risk of osteoporosis.

When you have osteoporosis, your bones become weaker, more fragile and more likely to break. For some women, even a strong sneeze or a small fall can cause a bone break.

Bone images courtesy of David W. Dempster, PhD. 2000. Reproduced with permission

## Why is it Important to Know Your Osteoporosis Risk?

### Hunched Posture



Osteoporosis-related spine fracture can lead to lasting damage, from making you shorter to changing the way you look by giving you a hunched posture.

### Fracture



1 in 2 women in the US over 50 will experience a bone break due to osteoporosis.

## For your next visit:

- Know your parental medical history, especially any relatives with hip fractures.
- Know your medical history.
- Your doctor will ask about past and present medical conditions.
- If your doctor orders a bone mineral density (BMD) test for you, be sure you understand the results and ask for a copy of your test results for your records.



Use the worksheet on the following page to take notes when you speak with your doctor.

# Bring a list of questions

Here are some suggestions. Check those that are most important you.

- How can I improve my bone health? \_\_\_\_\_
- Should I have a bone mineral density (BMD) test? \_\_\_\_\_
- How much calcium and vitamin D do I need? \_\_\_\_\_
- What are the best sources of calcium? \_\_\_\_\_
- What are the best sources of vitamin D? \_\_\_\_\_
- Do any medications I take affect my bones? \_\_\_\_\_
- How can I strengthen my bones? \_\_\_\_\_
- Does my posture need attention? \_\_\_\_\_
- How can smoking and drinking alcohol affect my bones? \_\_\_\_\_
- Do any of the medications I take affect my balance? \_\_\_\_\_
- Can I avoid future fractures without medication? \_\_\_\_\_
- Do I need to think about a medication treatment? \_\_\_\_\_
- What medication options are best for me? \_\_\_\_\_
- What are the benefits and risks of osteoporosis medication? \_\_\_\_\_