

# What To Ask Your Doctor About Bone Density Testing And Your Osteoporosis Risk

Knowing the right questions to discuss with your healthcare provider can be a daunting task. We're here to help with eight simple ones listed below. Bring them to your appointment and make the most of your valuable time.

- Would any of the medical conditions I have contribute to bone loss?

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- Would any of the medicines I'm on contribute to bone loss?

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- How much Vitamin D and Calcium should I get each day?

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- Do my lifestyle choices contribute to bone loss? (nutrition, caffeine, alcohol)

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- Am I at risk for osteoporosis or fractures?

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- Would you prescribe a bone mineral density (BMD) test for me?

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- What physical activity can I do to prevent osteoporosis?

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- What can I do to decrease my chances of a fall?

For more resources on bone health and osteoporosis, visit:

**[boneawareness.com](https://boneawareness.com)**