

## **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?
Would any of the medicines I'm on contribute to bone loss?
How much Vitamin D and Calcium should I get each day?
Do my lifestyle choices contribute to bone loss? (nutrition, caffeine, alcohol)
Am I at risk for osteoporosis or fractures?
Would you prescribe a bone mineral density (BMD) test for me?
What physical activity can I do to prevent osteoporosis?
What can I do to decrease my chances of a fall?

For more resources on bone health and osteoporosis, visit:

boneawareness.com

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