

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