

Doctor Conversation Tips

The checklist below has been developed to help you start a conversation with your doctor about osteoporosis. After printing this checklist you can take it to your doctor's appointment to facilitate your conversation.

- Tell your doctor about your medical history as well as that of your family. It is important to let your doctor know if anyone in your family has suffered from osteoporosis
- Make a list of all the medications you take, or take them to the appointment with you. Include any over the counter medications and vitamins or supplements you may take. This helps your doctor to select the right treatment for you
- On www.fortimelesswomen.com refer to the 'Are you at risk?' page and mention any of those that concern you to your doctor. Ask your doctor to check your risk of bone disease
- Does your back hurt? If it does, make sure you talk to your doctor about this
- If you have fallen recently, talk to your doctor about this and your concerns. Talk about any falls or trips, even if you weren't hurt. If you have had a big fall, ask him or her to give you a full examination (this could include tests to check your vision, balance, walking, muscle strength, heart function and blood pressure)
- Make sure you let your doctor know about any broken bones you have had
- Talk to your doctor about your lifestyle, including your diet (for example, how much calcium and vitamin D you take) and any exercise you do. You may like to discuss any activities you would like to take up. Your doctor will be able to advise you on the best type of exercise and on how to improve your diet to help you prevent osteoporosis
- Ask your doctor about having a Bone Mineral Density (BMD) test (which measures the strength of your bones). If done already in the past, bring your previous BMD test results to your appointment
- Discuss the treatment options for osteoporosis. Make sure you tell your doctor about your lifestyle and how active and busy you are. Your doctor needs this information to make an informed decision about which medication is best for you to enable you to live your life to the fullest.
- There are lots of treatments of varying frequencies (from daily to once yearly), so make sure you get all the options explained to you. Ask your doctor about the importance of taking your treatment as directed to ensure maximum fracture protection