

Print out this sheet, answer these questions and show them to your doctor.

- 1 **Have you been diagnosed with postmenopausal osteoporosis at high risk for fracture?**
☐ Yes
☐ No
- 2 **Since being diagnosed, have you had a fracture?**
☐ Yes
☐ No
☐ I'm undiagnosed
- 3 **What is your T-score? Is it at or below -2.5?**
☐ Yes
☐ No
☐ I don't know
- 4 **If you take medicine for postmenopausal osteoporosis, was your last bone density scan more than 2 years ago?**
☐ Yes
☐ No
☐ I don't know
- 5 **Does your osteoporosis medication frequently irritate your stomach?**
☐ Yes
☐ No
- 6 **Are you having difficulty taking your medication as prescribed?**
☐ Yes
☐ No

Conversation starters:

- What is my DXA score and what does it say about my bone strength?
- Does my bone mineral density put me at high risk for fracture?
- If I don't start treating right away, will my bones continue to weaken?
- With so many treatments out there, which one is right for me?