

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

- 1 **Have you broken a bone since turning age 50?**
☐ Yes
☐ No
- 2 **Do you have a family history (male or female) of osteoporosis?**
☐ Yes
☐ No
☐ I don't know
- 3 **Have you experienced any height loss?**
☐ Yes
☐ No
- 4 **Do you have low bone mass (bone density)?**
☐ Yes
☐ No
- 5 **Do you have low testosterone or estrogen levels?**
☐ Yes
☐ No
- 6 **Is your height the same as it appears on your driver's license?**
☐ Yes
☐ No
☐ I don't know

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?