

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?