

Questions to Ask Your Doctor About Osteoporosis

1. What is my risk for osteoporosis?
2. How can I strengthen or preserve my bones?
3. Is it safe for me to exercise?
4. What types of exercise are best?
5. Who can help me design an exercise program?
6. How much calcium do I need, and what are the best sources of calcium?
7. Can I talk to a dietitian about my nutritional needs?
8. Do any medications I take affect my bone health?
9. How does hormone replacement therapy (HRT) affect my bone health?
10. If I am not taking HRT, what should I do to strengthen or preserve my bones?
11. Should I have a bone mineral density test (BMD)?
12. How do I find out if my insurance covers the cost of a BMD test?
13. How often should I have my bone mass measured?
14. What safety measures can I take to protect myself from falling?
15. If I have osteoporosis, what medical treatments are available?
16. What are the risks and side effects?