



NOTES

Planning your doctor visit

What is my Bone Mineral Density (BMD)?

When should I get a BMD test?

What do my BMD test scores mean?

What are my risk factors for osteoporosis, other than low BMD?

Do I have major risk factors? How many?

Do I have minor risk factors? How many?

What is my 10-year fracture risk?

What are some of the treatment options available to me?

What are the side effects I might expect as a result of being on a particular treatment?

What should I expect in terms of results from being on osteoporosis therapy?

What else should I do to help strengthen my bones and prevent falls?

How do I know if I'm getting enough calcium and vitamin D?