



Ask the Right Questions

I have had a fracture but my DXA scan shows only Osteopenia.

Osteopenia means your bone density is lower than normal, but not low enough to be classified as osteoporosis. However, a fracture following a minor fall or injury may indicate that your bones are weaker than your DXA scan suggests. It is important to discuss your fracture risk with your doctor to determine whether further assessment or treatment is needed.



Questions to Ask Your Doctor

☐ Does it mean I have osteoporosis if I had a fragility fracture?

Your Notes:

☐ Does my previous fracture mean I am at higher risk of future fractures?

Your Notes:

☐ Should I have additional tests to assess my bone health?

Your Notes:

☐ Do I need treatment to strengthen my bones and prevent future fractures?

Your Notes:

☐ What can I do to reduce my risk of another fracture?

Your Notes:



ADDITIONAL NOTES