



Ask the Right Questions

My blood tests show low vitamin D and/or low calcium

Vitamin D and calcium play essential roles in maintaining healthy bones. Low levels may contribute to bone loss and increase the risk of fractures if left untreated.



Questions to Ask Your Doctor

☐ What may have caused my low vitamin D and/or calcium levels?

Your Notes:

☐ Do I need supplements?

Your Notes:

☐ How much calcium and vitamin D should I be taking?

Your Notes:

☐ Should my levels be checked again after I start calcium/vitamin D supplementation?

Your Notes:

☐ Are there other tests needed to identify the underlying cause of my low vitamin D and/or calcium levels?

Your Notes:



ADDITIONAL NOTES