



Ask the Right Questions

I am going through menopause

Bone loss accelerates during and after menopause because of declining oestrogen levels. Acting early can help maintain bone strength and reduce future fracture risk.



Questions to Ask Your Doctor

☐ Does menopause increase my risk of osteoporosis? | Your Notes:

☐ Should I have a DXA scan? | Your Notes:

☐ Am I getting enough calcium and vitamin D? | Your Notes:

☐ Would hormone therapy or another treatment benefit me? | Your Notes:

☐ What lifestyle changes can I adopt to maximise my bone health? | Your Notes:



ADDITIONAL NOTES