



Ask the Right Questions

I am an older man

Although osteoporosis is often thought of as a women's disease, men can also develop osteoporosis and experience serious fractures. Unfortunately, osteoporosis in men is frequently under-recognised and underdiagnosed.



Questions to Ask Your Doctor

☐ Can men develop osteoporosis? | Your Notes:

☐ Should I have a bone density test? | Your Notes:

☐ What are my personal risk factors? | Your Notes:

☐ Do I need treatment to reduce my fracture risk? | Your Notes:

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



ADDITIONAL NOTES