



Ask the Right Questions

I take long-term medicines

Some medicines can reduce bone strength or increase fracture risk, particularly if they are taken over a long period. Your doctor can help determine whether you need additional monitoring or treatment. For example: steroid medications (example prednisolone), some cancer treatments etc.



Questions to Ask Your Doctor

☐ Could this medication affect my bones? Your Notes:

☐ Should I have a DXA scan? Your Notes:

☐ Do I need calcium or vitamin D supplements? Your Notes:

☐ Should I take an osteoporosis medication to help protect my bones? Your Notes:

☐ How often should my bone health be reviewed in this situation? Your Notes:



ADDITIONAL NOTES