



Ask the Right Questions

I think I might be at risk of osteoporosis

Osteoporosis is often called the "silent disease" because there are usually no symptoms until a fracture occurs. If you have risk factors, it is important to discuss your bone health before a fracture happens. Some common risk factors include but not limited to: Family history, Smoking, Alcohol, Low Body Weight, Age and Previous Falls.



Questions to Ask Your Doctor

☐ Should I have a bone health assessment?

Your Notes:

☐ Should I have a DXA (bone density) scan?

Your Notes:

☐ What are my personal risk factors for osteoporosis and fractures?

Your Notes:

☐ Are any of my medications affecting my bone health?

Your Notes:

☐ What lifestyle changes can I adopt to maximise my bone health?

Your Notes:



ADDITIONAL NOTES