

Print out this sheet, answer these questions and show them to your doctor.

- 1 **Have you broken a bone since turning age 50?**
  - Yes
  - No
  
- 2 **Do you have a family history (male or female) of osteoporosis?**
  - Yes
  - No
  - I don't know
  
- 3 **Have you experienced any height loss?**
  - Yes
  - No
  
- 4 **Do you have low bone mass (bone density)?**
  - Yes
  - No
  
- 5 **Do you have low testosterone or estrogen levels?**
  - Yes
  - No
  
- 6 **Is your height the same as it appears on your driver's license?**
  - Yes
  - No
  - I don't know

## Conversation starters:

- What is my DXA score and what does it say about my bone strength?
- Does my bone mineral density put me at high risk for fracture?
- If I don't start treating right away, will my bones continue to weaken?
- With so many treatments out there, which one is right for me?