



# BONESENSE on...

## Talking with Your Doctor

### About Your Fracture Risk Results

|  | Notes |
|--|-------|
| <b>Low Risk</b>  |       |
| <input type="checkbox"/> How much calcium do I need and what is the best source?               |       |
| <input type="checkbox"/> How much vitamin D do I need and is sun my best source?               |       |
| <input type="checkbox"/> Should I be worried about losing bone density?                        |       |
| <input type="checkbox"/> How can smoking and drinking alcohol affect my bones?                 |       |
| <input type="checkbox"/> What type of exercise is best for me?                                 |       |
| <b>Moderate Risk – all of the above, plus...</b>   |       |
| <input type="checkbox"/> Should I have a bone mineral density test?                            |       |
| <input type="checkbox"/> Do any of the drugs I take affect my bones?                           |       |
| <input type="checkbox"/> How can I strengthen my bones?  |       |
| <input type="checkbox"/> Should I have additional blood or urine tests?                        |       |
| <input type="checkbox"/> Do I need to think about a drug treatment?                            |       |
| <input type="checkbox"/> What exercises or activities should I avoid?                          |       |
| <b>High Risk – all of the above, plus...</b>   |       |
| <input type="checkbox"/> Can I avoid future fractures without drugs?                           |       |
| <input type="checkbox"/> What drug options are best for me?                                    |       |
| <input type="checkbox"/> If I consider drugs what are the benefits and risks?                  |       |
| <input type="checkbox"/> Do any of the drugs I take affect my balance?                         |       |
| <input type="checkbox"/> Am I at risk of falling?  |       |
| <input type="checkbox"/> What changes should I make in my home to protect myself from falling? |       |
| <input type="checkbox"/> Who can design an exercise program for me?                            |       |

Make a commitment to your bones everyday.

They support you, won't you support them?™

[www.americanbonehealth.org](http://www.americanbonehealth.org)