

# Patient information from BMJ

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## Osteoporosis: questions to ask your doctor

**If you've been told you have osteoporosis, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.**

- How has osteoporosis affected my bones? Which of my bones are affected?
- What's the best treatment for me? How does it work?
- Does the treatment cause any side effects?
- Can I help myself by changing what I eat? What sort of changes would help?
- Can I help myself by taking exercise? What sort of exercise would help?
- Are there any vitamins or minerals I can add to what I eat that might help my bones?
- What else can I do to lower my chances of breaking a bone?
- What will happen if I break a bone?
- Am I doing anything that could be making my osteoporosis worse?
- Could any of my medicines be contributing to my osteoporosis?
- Will I be tested regularly to see how my bones are doing?
- Should other members of my family be tested too?

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