

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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