

Aged over 50 with a fragility fracture?*

LET'S TALK

Supporting your communication with your healthcare professional (HCP) team – A guide on questions to ask

*Fracture caused by osteoporosis



Take the first step to preventing another fracture

After a fracture due to osteoporosis (also called a fragility fracture) you may feel overwhelmed by the amount of information available. However, it is important to understand and learn how to manage your osteoporosis, and take the first step in preventing another fracture by arranging to have a conversation with your HCP.

Be prepared with questions you want to ask your HCP

Unsure how to start a conversation? Overleaf you will find a guide on questions to ask. If time is short, start with the questions that are most important to you.

Make sure you tell your HCP about your:



Medical History

Some medical conditions can weaken your bones and make them more likely to break.

- Any medical condition(s) and any previous fracture(s)
- Family history of fractures and/or osteoporosis in members over age 50 (e.g. mother, father, brother and/or sister)

My notes



Medications

Some medications can affect your bone health (such as steroids), eyesight and/or balance.

- Past and current medications (including non-prescription over-the-counter medicines)

My notes

Questions to ask at your appointment



My Bone Health

Measuring your bone health regularly is essential. **Ask:**

- What is osteoporosis?
- What is a fragility fracture?
- What bone assessment(s) do I need?
- Can I have a print out of my bone assessment results?
- Can you tell me what the results mean?
- When will the next assessment be?



My Diet

A healthy and balanced diet that includes calcium, vitamin D and proteins is vital to maintain strong bones and healthy muscles. **Ask:**

- Do I need to make any changes in my diet and/or take supplements?
- Can I have a vitamin D test?
- How often will my vitamin D levels be monitored?

My notes



My Physical Activity

Regular exercise can help prevent bone loss (and maintain muscle strength). **Ask:**

- Which exercises are right for me?
- How do I exercise safely?
- Where can I find more information on how to exercise with osteoporosis?



My Home

Minimising the risk of falling, is important. **Ask:**

- What can I do at home to make slips, trips, and falls less likely?



My Lifestyle

Avoiding certain habits that can increase your risk of fractures is crucial.

Ask what support and resources are available to help you manage habits such as:

- Smoking
- Excessive alcohol consumption

My notes

The above list of questions is not exhaustive, so ask who to contact if you have more questions of your own or need further information.