Discussion Guide: Osteoporosis

Questions to Ask If You've Been Diagnosed with Osteoporosis

Before your appointment

Bring the following information with you to make your appointment more productive.

- ❒ A list of questions and concerns you would like to discuss
- ❒ A list of all medications you take, including over-the-counter drugs and supplements
- ❒ Your medical history, including:
  __ Past bone breaks __ Recent falls __ Any results from bone-density tests you've had done

At your appointment

Tests

- ❒ What are the T-score and Z-score from my bone scan? (Ask for a copy of the results for your own files.)
- ❒ What do these scores mean for me? Which is most useful for assessing my bone health?
- ❒ Given these findings, what are my risks of breaking a bone?
- ❒ Would a fracture-risk assessment, such as FRAX, help guide my treatment?
- ❒ Moving forward, how often should I have a scan?

Possible causes

- ❒ What might have caused the osteoporosis in my case?
- ❒ Could it be a medical condition I have?
- ❒ Could it be medications I take or have taken?
- ❒ Do I need any tests to see what might have caused my osteoporosis?
- ❒ Will we need to change any of my medications to slow bone loss?

Treatment

- ❒ What are possible treatment plans that will lower my fracture risk?
- ❒ When should I start treatment?
- ❒ What medications are available and appropriate for me?
- ❒ How long will I be taking this medication?
- ❒ How will we know if the medication is working?
- ❒ How will this medication help me? Does it help build bone or slow bone loss?
- ❒ How is this medication given and how often?
- ❒ Does this medication interact with ones I already take for other health conditions?
- ❒ Are there side effects and risks of the medicine I should be aware of?

Costs and access to treatment

- ❒ Is this medication covered by insurance?
- ❒ Can your office help me navigate my insurance to see what will be covered?

Supporting my bone health

- ❒ What exercises are recommended and safe for me to do?
- ❒ Are there dietary changes I should make or specific foods or nutrients I should start eating or avoiding?
- ❒ Should I take any supplements?
- ❒ What other types of clinicians might be on my healthcare team to help treat my osteoporosis?
- ❒ Are there any local support groups that I can join for help?

Biologics and biosimilars

- ❒ Is there a biosimilar that might be a good treatment for me?
- ❒ Does it work the same as the reference biologic?
- ❒ Does it have the same risks and side effects as a biologic?
- ❒ Would a biosimilar be less expensive than a biologic?
- ❒ Can your office help me check which options my insurance covers?

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