

Osteoporosis Worksheet

1. What is my T-score?

2. What caused this disease in me?

3. What are my risk factors for this disease?

4. When will I have my next DEXA scan? _____

5. Could I benefit from medicines to increase my bone density?

6. How much calcium and Vitamin D should I take in a day?

7. What type of exercise should I do? How often should I exercise?

8. Are there any medications that could increase my bone density?
