



Osteoporosis Medication Discussion Checklist

A question sheet for a careful, individualized medication conversation.

Educational only: This sheet is for visit preparation. It is not a diagnosis, treatment plan, or substitute for care from your own clinician.

Before the visit

- Bring DXA results, fracture history, medication list, supplement list, dental history, kidney history, and recent labs if available.
- Write down what worries you most: side effects, duration, cost, injections, pills, or uncertainty.

Questions to ask

- Why would medication be recommended or not recommended in my situation?
- Is this about my T-score, fracture history, FRAX estimate, age, or several factors?
- What medication category are we discussing: antiresorptive or anabolic?
- How long would treatment last, and what happens after that?
- What side effects should I watch for, and what is rare but important?

Follow-up plan

Question	Answer
Medication name/category	
Why this option	
Monitoring plan	
When to reassess	

References

LeBoff MS, Greenspan SL, Insogna KL, et al. The clinician's guide to prevention and treatment of osteoporosis. *Osteoporos Int.* 2022;33(10):2049-2102. PMID: 35478046.

Kanis JA, Johnell O, Oden A, Johansson H, McCloskey E. FRAX and the assessment of fracture probability in men and women from the UK. *Osteoporos Int.* 2008;19(4):385-397. PMID: 18292978.

Generated for BonegevityMD. Bring this to your clinician if it helps organize the conversation.