



Looking Beyond the T-Score™

Use these questions to understand how your bone density fits into your complete fracture-risk picture.



ONE NUMBER CANNOT SHOW EVERYTHING

Age, previous fractures, falls, medications and health history may change what your DXA results mean for you.



1 REVIEW MY FRACTURE HISTORY



- ☐ Have I ever had a low-trauma fracture?
- ☐ Does the location or timing of a previous fracture matter?
- ☐ Could height loss or back pain suggest a spine fracture?
- ☐ Do I need vertebral imaging or another assessment?

2 ASK ABOUT OVERALL FRACTURE RISK



- ☐ Was a 10-year fracture-risk estimate calculated?
- ☐ What is my estimated risk for hip fracture?
- ☐ What is my estimated risk for a major osteoporotic fracture?
- ☐ How should these estimates guide my next step?

3 INCLUDE WHAT A CALCULATOR MAY MISS



- ☐ Have I fallen recently or do I feel unsteady?
- ☐ Have I had more than one fracture?
- ☐ Was a fracture recent?
- ☐ Are there risks in my history that are not fully reflected?

4 CLARIFY WHAT HAPPENS NEXT



- ☐ Do I need additional evaluation?
- ☐ Which changes can I begin now?
- ☐ Should treatment options be discussed?
- ☐ When should my bone health be reassessed?

MY RESULTS & QUESTIONS

DXA date: _____

Lowest relevant T-score: _____

Fracture-risk estimate, if provided: _____

What I want to ask: _____



Gentle Reminder

Risk estimates support decisions. They do not predict exactly who will or will not have a fracture.



Martine's Midlife Wellness Tip

Mention every fracture and fall, even if it happened years ago. Those details may change the conversation more than you expect.

