



# My Bone Health Snapshot™

Keep the details that shape your bone-health picture together in one convenient place.



## MY BASICS

Date completed: \_\_\_\_\_ Age: \_\_\_\_\_  
 Menopause stage: ☐ Perimenopause ☐ Postmenopause ☐ Unsure  
 Age at final menstrual period, if known: \_\_\_\_\_  
 Current height: \_\_\_\_\_ Previous adult height: \_\_\_\_\_



## MY DXA RESULTS

Most recent DXA date: \_\_\_\_\_ Facility: \_\_\_\_\_  
 Lumbar spine T-score: \_\_\_\_\_ Total hip T-score: \_\_\_\_\_  
 Femoral neck T-score: \_\_\_\_\_ Other site: \_\_\_\_\_ Score: \_\_\_\_\_  
 Lowest relevant T-score: \_\_\_\_\_  
 Fracture-risk estimate, if provided: \_\_\_\_\_  
 Next DXA or review date: \_\_\_\_\_



## FRACTURES & FALLS

Previous fracture(s), body area and approximate date:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Falls in the past year: \_\_\_\_\_ Do I feel unsteady? ☐ Yes ☐ No ☐ Sometimes  
 New height loss, back pain or posture change to mention:  
 \_\_\_\_\_



## FACTORS TO DISCUSS

☐ Early menopause or loss of ovarian function ☐ A condition that may affect bone or absorption  
☐ Parent with a hip fracture ☐ A medication or treatment that may affect bone  
☐ Low body weight or significant weight loss  
☐ Smoking or regular alcohol use  
 Other: \_\_\_\_\_



## MY CURRENT SUPPORT

☐ Strength training ☐ Weight-bearing movement ☐ Balance practice  
☐ Calcium-rich foods ☐ Adequate protein ☐ Vitamin D plan  
 Medicines and supplements related to bone health:  
 \_\_\_\_\_



## MY NEXT STEPS

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 Questions for my healthcare provider:  
 \_\_\_\_\_



## Gentle Reminder

This worksheet organizes information. It does not diagnose osteoporosis or calculate your fracture risk.

## Martine's Midlife Wellness Tip

Update this snapshot after each DXA, fracture or medication change so your bone-health story stays easy to follow.