



Bone-Loss Causes Conversation Card™

Use these questions to explore what may be contributing to low bone density in your situation.



LOW BONE DENSITY CAN HAVE MORE THAN ONE CONTRIBUTOR

Menopause is important, but medications, health conditions, nutrition, absorption and family history may also shape bone loss.



1 REVIEW MEDICATIONS & TREATMENTS



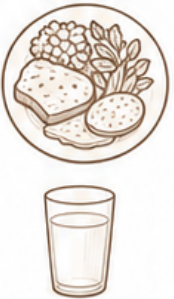
- ☐ Could current or previous steroid use affect my bones?
- ☐ Do any seizure, reflux, thyroid or other medicines deserve review?
- ☐ Have I received a treatment that lowers estrogen?
- ☐ Could the dose, duration or combination of my medicines matter?

2 CONSIDER HEALTH CONDITIONS



- ☐ Could thyroid or parathyroid function be involved?
- ☐ Do kidney, liver or autoimmune concerns affect my evaluation?
- ☐ Could early menopause or loss of ovarian function contribute?
- ☐ Does my fracture pattern suggest another cause?

3 LOOK AT NOURISHMENT & ABSORPTION



- ☐ Am I eating enough protein, calcium and overall food?
- ☐ Have I had low weight or significant weight loss?
- ☐ Could celiac disease, inflammatory bowel disease or another digestive condition affect absorption?
- ☐ Is vitamin D or another nutrient concern relevant?

4 CLARIFY TESTING & NEXT STEPS



- ☐ Which possible causes fit my personal history?
- ☐ Which tests would answer a specific question?
- ☐ Would a referral to a specialist be useful?
- ☐ How will the results change my plan?



POSSIBLE TESTS TO DISCUSS

Depending on your history: blood count, kidney and liver markers, calcium, vitamin D, thyroid function, parathyroid hormone, celiac screening or other targeted testing.

Not every test is appropriate for every person.



Medicines or treatments I want reviewed: _____

Health or digestive concerns to mention: _____

What I want to ask: _____



Gentle Reminder

Finding a contributor does not always identify one complete cause. Bone health is often shaped by several factors over time.



Martine's Midlife Wellness Tip

Bring a medication history, not only today's list. A treatment used years ago may still be relevant to your bone-health story.

