



Osteoporosis Treatment Conversation Card™

Use these questions to understand your options, priorities and complete treatment plan.



THE GOAL IS FRACTURE PREVENTION

Treatment decisions should consider bone density, age, fracture history, overall fracture risk, health conditions and what you are comfortable following.



1 UNDERSTAND WHY TREATMENT IS BEING DISCUSSED



- ☐ What places me in a treatment-eligible risk group?
- ☐ Which fractures am I most at risk for?
- ☐ What benefit could treatment offer in my situation?
- ☐ What are the risks of waiting or choosing no medication?

2 COMPARE THE MAIN APPROACHES



- ☐ Would an antiresorptive medicine that slows bone breakdown be appropriate?
- ☐ Am I at very high risk and a candidate for a bone-building medicine?
- ☐ Is a hormone-related option relevant and safe in my situation?
- ☐ Why is the recommended approach preferred for me?

3 CHOOSE A FORM THAT FITS



- ☐ Is it a tablet, injection or infusion?
- ☐ How often is it taken or given?
- ☐ Do kidney, digestive, dental or cardiovascular factors affect the choice?
- ☐ What instructions are essential for safe use?

4 REVIEW BENEFITS, RISKS & MONITORING

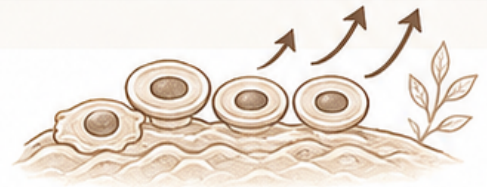


- ☐ What common side effects should I expect?
- ☐ Which rare but serious risks apply to this medicine?
- ☐ Do I need dental care, blood tests or other preparation first?
- ☐ How will we know whether the plan is working?

5 PLAN THE FULL TREATMENT SEQUENCE



- ☐ How long is this treatment usually continued?
- ☐ When will my fracture risk be reassessed?
- ☐ Will another medicine be needed afterward?
- ☐ What should happen if a dose is late or treatment must change?



DO NOT STOP OR DELAY WITHOUT A PLAN

Some osteoporosis medicines lose their effect quickly when delayed or stopped, and some bone-building treatments need follow-up therapy to preserve gains. Ask about the transition plan before beginning.



MY TREATMENT QUESTIONS



Option being discussed: _____
 My biggest concern: _____
 What I need clarified before deciding: _____

Gentle Reminder

Every treatment has benefits, limitations and possible risks. The useful comparison is how those risks relate to your own untreated fracture risk.

Martine's Midlife Wellness Tip

Ask, "What is the plan after this medicine?"
 The ending or transition can be just as important as the starting choice.

