Talking To Your Doctor

You can get the most out of your doctors’ appointment by making a list of any questions or concerns you have about bone loss or spinal fracture and bringing it with you to the exam. You and your doctor have a lot to discuss in a limited amount of time, so collecting your thoughts on paper beforehand will help you remember. The goal is to obtain all the information you need during your appointment so that you return home with a clear understanding of your diagnosis and treatment options.

When talking with your doctor, make your questions as brief and specific as possible. Write down any instructions and answers you receive; don’t rely on your memory.

Questions you doctor might ask you

- How long have you had back pain?
- Did a particular activity cause sudden pain, or was the onset of pain gradual?
- Is the pain getting worse or better?
- Specifically, where is the pain located? Does the pain radiate to other parts of your body?
- How would you describe the pain – vague, dull, painful, severely painful, incapacitating?
- Is the pain constant or does it come and go? Does it become worse with activity?
- Is the pain relieved by lying down?
- Do you have any numbness or tingling? Do you have problems with your bladder or bowels?
- Is there a history of osteoporosis in your family?
- When was the last time your height was checked by a health care professional?

Questions you might ask your doctor

You may want to print this list and bring it with you to your next doctors’ appointment.

- Am I at risk for osteoporosis or spinal fractures?
- Does any health condition I have or medication I take increase my risk for fracture?
- What are the signs and symptoms of a spinal fracture?
- What are the possible complications of spinal fractures?
- What treatments are available for spinal fractures?
- Is there anything I can do to reduce my risk for osteoporosis or spinal fractures?