

# Patient information from BMJ

Last published: Sep 20, 2021

## Osteoporosis: questions to ask your doctor

**If you've been told you have osteoporosis, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.**

- How has osteoporosis affected my bones? Which of my bones are affected?
- What's the best treatment for me? How does it work?
- Does the treatment cause any side effects?
- Can I help myself by changing what I eat? What sort of changes would help?
- Can I help myself by taking exercise? What sort of exercise would help?
- Are there any vitamins or minerals I can add to what I eat that might help my bones?
- What else can I do to lower my chances of breaking a bone?
- What will happen if I break a bone?
- Am I doing anything that could be making my osteoporosis worse?
- Could any of my medicines be contributing to my osteoporosis?
- Will I be tested regularly to see how my bones are doing?
- Should other members of my family be tested too?

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at [bestpractice.bmj.com](https://bestpractice.bmj.com). This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: [bmj.com/company/legal-information](https://bmj.com/company/legal-information). BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2024. All rights reserved.

### What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.

