

# Check list for your doctor

## Mention if:

- You had a fragility fracture or a fall
- You lost >6 cm in height since age 25 years

## Prescribe a BMD test if aged 50+ or earlier if:

- You have other conditions affecting bone (e.g. rheumatoid arthritis, celiac disease)
- You had a fragility fracture

## Prescribe:

- a vitamin D supplement
- a calcium supplement if you do not reach the recommendations with diet alone
- Physical activity (discuss risk of hypoglycemia)

## Work on:

- Reducing hypoglycemic events
- Reducing falls risk
- Reaching individualized target HbA<sub>1c</sub>