

## Osteoporosis Medicines Prescribed for Me

When your healthcare provider prescribes an osteoporosis medicine, record the name of the drug, the amount included in each dose, the date you start or stop the medicine and any special instructions. Never stop your medicine without first talking to your healthcare provider.

Pharmacy: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Dose: \_\_\_\_\_

How/when to take: \_\_\_\_\_

Start/stop dates: \_\_\_\_\_

Special instructions: \_\_\_\_\_

Name: \_\_\_\_\_ Dose: \_\_\_\_\_

How/when to take: \_\_\_\_\_

Start/stop dates: \_\_\_\_\_

Special instructions: \_\_\_\_\_

Name: \_\_\_\_\_ Dose: \_\_\_\_\_

How/when to take: \_\_\_\_\_

Start/stop dates: \_\_\_\_\_

Special instructions: \_\_\_\_\_



(800) 231-4222

[www.nof.org](http://www.nof.org)

## My Bone Health History

Use this card to keep important information about your bone health all in one place. Take it with you to your medical appointments to review with your healthcare providers.

### My Information

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Date of birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

## My Bone Density Testing Information

If possible, always have your bone density tested at the same facility. Your test results will include t-scores for the bones in your hip (called femoral neck or total hip), spine and possibly other bones. Record your t-scores for each bone tested.

Name of facility: \_\_\_\_\_

Phone: \_\_\_\_\_

Date: \_\_\_\_\_

T-scores for hip or femoral neck: \_\_\_\_\_

T-scores for spine: \_\_\_\_\_

Other information: \_\_\_\_\_

Date: \_\_\_\_\_

T-scores for hip or femoral neck: \_\_\_\_\_

T-scores for spine: \_\_\_\_\_

Other information: \_\_\_\_\_

Date: \_\_\_\_\_

T-scores for hip or femoral neck: \_\_\_\_\_

T-scores for spine: \_\_\_\_\_

Other information: \_\_\_\_\_

## Supplements I take (including multivitamins)

Track the supplements you take each day. Read labels to determine the amount of calcium and vitamin D in each dose and the number of pills you need to take to get that amount. Your body absorbs calcium best in amounts of 500 - 600 milligrams at a time. Do not take more calcium than you need. This includes the calcium you get from the foods you eat.

Supplement name: \_\_\_\_\_

Amount of calcium in each dose: \_\_\_\_\_

Amount of vitamin D in each dose: \_\_\_\_\_

Number of pills per dose: \_\_\_\_\_

Special instructions \_\_\_\_\_

\_\_\_\_\_

Supplement name: \_\_\_\_\_

Amount of calcium in each dose: \_\_\_\_\_

Amount of vitamin D in each dose: \_\_\_\_\_

Number of pills per dose: \_\_\_\_\_

Special instructions \_\_\_\_\_

\_\_\_\_\_

Other supplements I take \_\_\_\_\_

\_\_\_\_\_

score