Osteoporosis makes your bones thin and easy to break. Here’s what you can do to make your bones stronger.

**Exercise.**
- Walk or lift weights every day!

**Get plenty of calcium and vitamin D.**
- Eat foods with lots of calcium and vitamin D (like milk, yogurt and leafy green vegetables like broccoli.)

**Make your house safe so you won’t fall.**
- Clear the walkways.
- Use night lights to help you see.

**Don’t smoke.**
**Don’t drink alcohol.**

**Ask your doctor** what exercises will make your bones stronger.

**Ask your doctor** if you’re getting enough calcium and vitamin D.

**Food**
- **How much calcium?**
  - Swiss Cheese: 1 slice has 265 mg
  - Milk: 1 cup has 300 mg
  - Yogurt: 6 oz. has 300 mg
  - Broccoli: 1 cup has 43 mg

**Ask your doctor** if you need to use a cane or walker.

**Ask your doctor** when you need to get your bones checked again.

My next bone density scan is scheduled for ____/_____/______.

**Questions to ask your doctor or pharmacist:**
- Do I need special medicines for osteoporosis? __________________________
- What medicine do I need to take for my bones? __________________________
  - How many times a day should I take my medicine? _______________________
  - How do I take my medicine? __________________________
  - What are the side effects of the medicine? _____________________________
  - How long will I need to take my osteoporosis medicine? _________
  - If I forget to take my medicine, what should I do? ____________________
  - Are there any foods or drinks I should not have while taking my medicine? ______
- Do I also need to take calcium and Vitamin D? ____________________________
- Can I take my medicine for my bones with my other medicines? __________

My next appointment with the doctor is ____/_____/______.