

Bone Health & Dental Care Information Sheet

Bring this sheet to your dental or medical visit. Record what your clinicians tell you; leave uncertain details blank or mark them with a question mark.

Name / date:

1. My care team

Dental office / clinician / phone:

Medical or bone-health clinician / phone:

2. Finding or concern to discuss

What my dentist noticed / date of dental image, if known:

What I was told to discuss with my medical clinician:

Previous bone-health diagnosis or testing / date, if known:

3. Questions for my clinicians

- What does the dental finding mean, and what remains uncertain?
- Is medical bone-health evaluation or testing appropriate for me?
- Which records should be shared between my clinicians?

My additional question:

A dental X-ray alone cannot diagnose osteoporosis. This sheet is a visit aid.

Medication & Treatment Notes

Bone Health Information Sheet

List current and past osteoporosis medicines. Copy details from your medication list or ask your pharmacy or prescriber; do not guess.

Medication details	Medicine 1	Medicine 2
Exact name / current or past		
Dose / how it is given		
How often taken or given		
Start / stop dates, if known		
Last dose / next scheduled dose		
Reason prescribed / prescriber		

Attach another sheet for more medicines. Bring your complete medication and supplement list, including allergies.

Planned dental procedure / date / treating clinician:

Do my clinicians need to coordinate? Who will contact whom?

Instructions received / clinician / date:

Follow-up appointment / questions still to confirm:

Do not stop, delay, or change osteoporosis medication without guidance from your prescribing clinician. This sheet does not determine treatment safety.