

GP Checklist

Have you ever left your medical centre and forgotten to ask a really important question?

Here is a simple checklist you can print out to help you cover off all your questions regarding bone health and vitamin D deficiency.

Print out the result of your Ostelin Risk Factor Test and bring it with you.

- Discuss vitamin D risk factors with your GP or Health Care Practitioner, in particular the risk factors associated with:
 - Your geographic location and whether you receive adequate UV sunlight exposure
 - Your skin colour and the different UV exposure it may require
 - Your use of skin coverings including sunscreens and / or protective clothing.
- Discuss ways you can change your lifestyle factors to strengthen your bones such as:
 - Getting adequate exposure to sunlight
 - Getting adequate dietary in-take of calcium
 - Exercise
 - Discuss whether a Blood test is a suitable next step to determine your vitamin D levels
- Set a date to discuss what my Vitamin D results mean and whether supplementation is suitable for you.

Other questions you may wish to ask your GP during your appointment:

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