

# Frequently Asked Questions

## **Why am I seeing a doctor at the Osteoporosis and Metabolic Bone Disease clinic?**

The most common reason why people visit with our doctors is to review their bone health. Your doctor might discuss supplements and exercise that can help your bones, or review your need for medications to prevent bone fractures. You might have also been referred to our clinic to review calcium, vitamin D or other electrolyte problems.

Please note that our doctors are not pain management specialists. We do not prescribe pain medications including narcotics.

## **What will happen at my appointment?**

Prior to your appointment, you may be asked to do X rays or a bone mineral density at St. Joseph's Hospital. After coming to our clinic area, you will then meet an osteoporosis nurse or a medical trainee (e.g. student or resident) who will take your history.

Next you will meet one of our doctors who will discuss how to best manage your bone or calcium problem. They may discuss new medications with you along with their benefits and risks. A prescription may be provided. The doctor will then plan a follow-up visit if indicated.

## **What should I bring with me to the appointment?**

It will be very helpful if you bring a list of all prescribed medications and natural health supplements to your clinic appointment. If you have received osteoporosis or calcium treatments in hospitals or clinics outside of London, it is often helpful to bring your old medical records if you have them.

## **How long should I expect my appointment to take?**

Our doctors always do their best to run on time. However, due to unforeseen circumstances, appointments can run late. Your time at the hospital will depend on whether you are scheduled only for an appointment in the Osteoporosis and Bone Disease clinic or if you have tests like a bone mineral density (BMD 15 minutes) or X-rays (15 minutes) scheduled prior to your clinic appointment. From the time of your appointment scheduled in the clinic plan for up to an hour. Parking needs to be planned accordingly for the number of appointments you have scheduled that day.

## **I've been seen by a doctor at the Osteoporosis and Metabolic Bone Disease Clinic and prescribed a new medication. I think I'm having side effects. What should I do?**

Please call your doctor to review your side effects.

## **I've been prescribed Prolia by my doctor and am having trouble receiving it from my family doctor. What should I do?**

Please call your doctor right away. It is very important to receive Prolia every 6 months. Delays in treatment can lead to a loss of bone density or fractures.

## **Where can I get more reading information about osteoporosis treatments, diet, and exercise with osteoporosis?**

There are useful reading resources on this webpage as well as links to osteoporosis organizations including Osteoporosis Canada. Please also ask our doctors any other questions you might have.