

GP Checklist

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

Print out your Ostelin D-Test result & bring it with you.

- Discuss vitamin D risk factors with my GP or Health Care Practitioner, in particular the risk factors associated with my:
 - Geographic location & whether I receive adequate UV sunlight exposure
 - Skin colour & the different UV exposure it may require
 - Use of skin coverings including sunscreens and/or protective clothing

- Discuss ways I can change my lifestyle factors to strengthen my bones such as:
 - Getting adequate exposure to sunlight
 - Getting adequate dietary intake of calcium
 - Exercise
 - Discuss whether a blood test is a suitable next step to determine my vitamin D levels

- Set a date to discuss what my Vitamin D results mean & whether supplementation is suitable for me.

Other questions for my GP during my appointment:
