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:

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