

GP Checklist

Here is a simple checklist you can print and take to your GP at the next appointment to help you cover off your questions regarding bone health & vitamin D insufficiency.

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

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

Other questions for my GP during my appointment:

Do you know if you are getting enough Vitamin D?
If you haven't taken our D-test yet, you can do it here:
ostelin.com.au/vitamin-d-test/

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