



# QUESTIONS TO ASK YOUR DOCTOR

## Metastatic Breast Cancer: Bone Protection

Bone complications may occur in people living with [bone metastases](#). They can cause pain, lead to fractures (broken bones), loss of mobility or spinal cord compression. With the use of bone-strengthening drugs, bone complications are not common. With the use of bone-strengthening drugs, bone complications are not common.

The questions below may help you talk openly with your doctor about possible bone complications and how to prevent them.

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**Q:** What is my risk of having a bone complication? What can I do to prevent this from happening?

**A:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Q:** Do any of the drugs I take affect my bones?

**A:** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

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**Q:** Are there bone-strengthening drugs that may help protect me from a broken bone?

**A:** \_\_\_\_\_  
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\_\_\_\_\_  
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**Q:** What is your experience prescribing bone-strengthening drugs?

**A:** \_\_\_\_\_  
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\_\_\_\_\_

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**Q:** What is the difference between the bone-strengthening drugs? Which do you recommend for me? Why?

**A:** \_\_\_\_\_  
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\_\_\_\_\_  
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Q: How are these bone-strengthening drugs given?

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Q: What side effects should I report to you? How can these side effects be managed?

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Q: What else can I do to strengthen my bones besides taking another drug (i.e. exercise, vitamin D, calcium, diet, etc.)?

A: \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

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Q: What tests or exams should I have before starting a bone-strengthening drug?

A: \_\_\_\_\_  
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Notes:

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For more information on breast health or breast cancer, please call our breast care helpline 1-877 GO KOMEN (1-877-465-6636) or visit [komen.org](http://komen.org). Susan G. Komen does not provide medical advice.

**1-877 GO KOMEN (1-877-465-6636) [komen.org](http://komen.org)**