



## Moving home? Keep your osteoporosis care on track

If you're moving to a new area, it's important to make sure your osteoporosis care continues without delay. Use this simple checklist to help you when changing NHS services.

### Your osteoporosis care checklist

When you move, remember to:

- ☐ tell your new GP and hospital about your condition
- ☐ get in touch with your local [Royal Osteoporosis Society \(ROS\) support group](#).

#### Treatment history



- ☐ Write down any osteoporosis medicines you've taken, with the start and stop dates.
- ☐ Note any side effects you've had from those medicines.

**If you receive denosumab injections every 6 months, it's very important not to miss a dose. Let your new GP know as soon as possible.**

**In some areas, GPs give denosumab – but in others, hospitals give the medication. Your treatment provider might change after you move.**

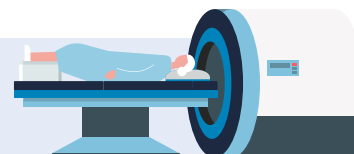


#### Fracture history



- ☐ Write down the bones you've broken and on what date the break happened.
- ☐ Note down if a doctor has told you a break may have been caused by your osteoporosis medicine. This is sometimes called an 'atypical' femoral fracture. It is very important to let your new care team know as soon as possible if you had an atypical femoral fracture.

#### Tests and check-ups



- ☐ Keep a record of your bone density scans (DXA or DEXA) – including dates, results and where they were done. You should include T-score results for the lumbar spine, femoral neck and total hip if you have them.
- ☐ Write down any recent abnormal blood test results, such as calcium or vitamin D levels.

#### Falls and prevention



- ☐ If you've had a falls assessment, note when it was done.
- ☐ If you've been to a strength and balance class, write down the start and end dates.



## Other things to remember

- ☐ List any other health problems, or if you've seen any other specialists in the last 5 years.
- ☐ Note any questions you still have about your osteoporosis treatment.
- ☐ Write down any education or support you've had, such as the resources from the ROS website.
- ☐ If you are taking bisphosphonates or denosumab, tell your new dentist – and mention it's the osteoporosis dose.
- ☐ If you think you need help with day-to-day care, check the [NHS guide to social care and support](#).

## Useful tips

- > You can ask your old GP or hospital for a paper copy of your medical records, including test results.
- > You can also use the NHS app to access this information. You may need a form provided by your GP to set this up.
- > Share the contact details of your old hospital doctor in case your new care team needs more information.

## What to do next

- > Collect all your medical documents and information.
- > Tell your new GP about your condition as soon as possible – especially if you receive denosumab.

## Need more advice, information or support?

**Contact the Royal Osteoporosis Society (ROS):**  
[www.theros.org.uk](http://www.theros.org.uk)

Free osteoporosis specialist nurse helpline:  
**0808 800 0035**

For additional information, please visit  
[FLS-DB resources for patients](#)

