



# QUESTIONS TO ASK YOUR DOCTOR

## Metastatic Breast Cancer: Bone Protection

Bone complications may occur in people living with metastatic breast cancer who have [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.

You may feel overwhelmed and unsure of what to ask your doctor. Here are some questions to help start the conversation.

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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 currently take make my bones weaker?

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

**A:** \_\_\_\_\_  
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**Q:** What is the difference between the bone-strengthening drugs?

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

**A:** \_\_\_\_\_  
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**Q:** What are the side effects of these drugs Which 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, such as exercising, taking vitamin D or calcium, or changing my diet?

**A:** \_\_\_\_\_  
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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 the Komen Patient Care Center's Breast Care Helpline 1-877 GO KOMEN (1-877-465-6636) Monday through Thursday, 9 a.m. to 7 p.m. ET and Friday, 9 a.m. to 6 p.m. ET 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)**