



Osteoporosis Risk Assessment Questionnaire

If you have one or more of the following, you may be especially at risk for low bone mass, osteoporosis, or broken bones. This is a good time to start the discussion with your primary health care professional to see if you should have a bone density test and what you can do to improve your bone health.

- I have broken a bone since the age of 50
- I have fallen 2 or more times in the past year
- I have a close relative (such as parent) with osteoporosis or who has broken a hip
- I have lost more than 1.5 inches from my tallest height
- I smoke cigarettes
- I average more than 2 servings of alcohol a day
- On average, I do fewer than 3 weight-bearing activities, such as walking, running, dancing, or tennis, each week (at least 20 minutes each time)
- I don't eat or drink dairy products (such as cheese, yogurt, or milk)
- I don't take calcium supplements or eat or drink products that have had calcium added to them (such as orange juice)
- I don't take a vitamin D supplement
- I have a chronic health condition, such as chronic lung disease, kidney disease, rheumatoid arthritis, liver disease, inflammatory bowel disease (such as Crohn disease or ulcerative colitis)
- I take or have taken steroid medications (such as prednisone), cancer treatments (such as chemotherapy or hormone treatments for breast cancer or prostate cancer), anti-seizure medicine, immunosuppressive medicine (for such conditions as rheumatoid arthritis or inflammatory bowel disease)
- I am of Caucasian or Asian origin.

For women only:

- I went through menopause (either naturally or due to surgery or other treatments) before the age of 45
- I weigh less than 127 pounds
- I am age 65 years or older

For men only:

- I am age 70 or older