Are You at Risk for Weak Bones?
Answer These Questions To See If You Are at Risk

Check the correct box.

1) I am older than 50 years. □ Yes □ No
2) I have broken a bone after the age of 50 years. □ Yes □ No
3) I have a close relative (mother, father, brother or sister) with osteoporosis or who has broken a bone after the age of 50 years. □ Yes □ No
4) My health is “fair” or “poor”. □ Yes □ No
5) I smoke. □ Yes □ No
6) I am underweight for my height. □ Yes □ No
7) I am postmenopausal (women only). □ Yes □ No
8) I don’t get enough calcium or vitamin D. □ Yes □ No
9) I have more than two drinks of alcohol each day. □ Yes □ No
10) I have poor vision □ Yes □ No
11) I fall sometimes. □ Yes □ No
12) I am not very active. □ Yes □ No
13) I have one or more of these medical conditions:
   a. □ hyperthyroidism
   b. □ chronic lung disease
   c. □ cancer
   d. □ inflammatory bowel disease
   e. □ chronic liver or kidney disease
   f. □ parathyroid disease
   g. □ vitamin D deficiency
   h. □ Cushing’s disease
   i. □ multiple sclerosis
   j. □ rheumatoid arthritis
14) I take one or more of the following medicines:
   a. □ oral glucocorticoids or steroids such as prednisone
   b. □ cancer treatments such as radiation or chemotherapy
   c. □ thyroid medicines
   d. □ medicines for seizures
   e. □ gonadal hormone suppression
   f. □ immunosuppressive medicines

If you answered “yes” to any of these questions, it does not mean that you have weak bones or osteoporosis. It just means that you may have risk factors which can lead to osteoporosis and bone fractures.
Please show this to your healthcare professional who may ask you to have a bone mineral density test. If you are a woman 65 years or older, or a man 70 years or older, you should have a bone mineral density test, even if you do not have any risk factors.