

ADULT OSTEOPOROSIS RISK ASSESSMENT

The Center for Better Bones

Name: _____

Anywhere from one-quarter to one-half of all US women, and a growing number of men, will experience a significant osteoporotic fracture during their lifetime.

Far from being a simple disorder, many factors contribute to the development of weak and fragile bones. The following questionnaire is designed to help you assess your risk of experiencing an osteoporotic fracture.

Yes No

- 1 I am 65 years of age or older. _____
- 2 I have little muscular development. _____
- 3 I presently smoke. _____
- 4 During my life, I have gone through three or more cycles of losing and regaining 10 pounds or more. _____
- 5 I eat meat, fish, or other flesh foods more than once a day. _____
- 6 I tend to worry a lot and I am more often unhappy than happy. _____
- 7 I exercise less than 20 minutes three times a week. _____
- 8 I have three or more significant health problems (in my own opinion). _____
- 9 I spend less than 30 minutes three times a week outside in the sunshine. _____
- 10 On a daily basis, I generally consume less than two servings of dairy or green leafy vegetables or calcium fortified food (such as fortified OJ or fortified soy milk). _____
- 11 I have had three or more major surgeries in my life involving general anesthesia. _____
- 12 I am underweight. _____
- 13 I regularly use, or have used over long periods of time, glucocorticoids "steroid" drugs (such as Prednisone or steroid inhalers) or high dose steroid medication. _____
- 14 One or both of my parents fractured a hip. _____
- 15 I have lost more or less two inches of height. _____
- 16 I am 80 years of age or older. _____
- 17 I generally consume less than four servings of vegetables a day. _____
- 18 I drink more than two cups of coffee or two sodas or two servings of alcohol a day. _____
- 19 I have experienced a bone fracture not due to severe trauma. _____
- 20 (For women only) During my menstruating years, there were times when my period stopped for many months (not including pregnancy, lactation or menopause). _____

Questionnaire Scoring

4 or less YES answers, indicates a low level of risk for osteoporosis.

5 to 8 YES answers, indicates a questionable risk for osteoporosis.

9 or more YES answers, suggests likely risk for osteoporosis.

Questionnaire Note:

If you are 35 years old or younger and have 4 or more YES answers, then your long-term risk for suffering an osteoporotic fracture still might be significant.

If you are a senior, you are likely to have more risk factors. Aging by its very nature, tends to increase ones risk for osteoporosis. Do not be discouraged, rather, establish an action program to reduce the risk factors under your control, like diet, exercise and lifestyle habits.