



Bones, Muscles & Joints

OSTEOPOROSIS RISK ASSESSMENT

	YES	NO
Do you have a family history of osteoporosis?	___	___
Are your ancestors from the British Isles, Northern Europe, China or Japan?	___	___
Do you have a small, thin frame?	___	___
Are you over age 35?	___	___
Have you gone through menopause or had your ovaries removed?	___	___
Is your diet low in dairy products and other calcium sources?	___	___
Are you physically inactive?	___	___
Do you smoke cigarettes?	___	___
Do you drink alcohol more than occasionally?	___	___
Have you been prescribed cortisone (prednisone, medrol)?	___	___

If you answered “yes” to two of the above questions, you are at risk for osteoporosis. The more questions you answered “yes”, the higher your risk of developing osteoporosis in the future. Unfortunately, almost half of those with no risk factors (other than your age) will still develop this disease. To accurately assess your bone mass and predict your risk of fracture, you should ask your rheumatologist about a bone density study.

The good news is that RISK does not have to mean REALITY. Osteoporosis is preventable! The earlier you begin to address this health concern, the more success you will have. Even if you already have osteoporosis, there are measures you can take to improve your bone strength and prevent fractures.

If we treat you, we help you for a day.
If we teach you, we help you for a lifetime.

OUR DEDICATED TEAM
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