

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## **OSTEOPOROSIS RISK FACTORS**

Anyone can get osteoporosis, but certain factors make it more likely that you are at risk for osteoporosis. Please look over this list and circle the number for the risk factor(s) that may apply to you.

1. Family history of osteoporosis in the first degree relative—mother or sister.
2. Family history of hip fracture in a first degree relative—mother or sister.
3. Personal history of a bone fracture after age 50.
4. Personal history of a fragility fracture (minor trauma caused a fracture).
5. White or Asian race.
6. Hyperthyroidism (overactive thyroid gland).
7. Hyperparathyroidism (overactive parathyroid glands).
8. Use of certain medications: corticosteroids, anticonvulsants, and aromatase inhibitors.
9. Currently a smoker.
10. Early surgical menopause or premature menopause (before 40).
11. Lactose intolerance.
12. Sedentary lifestyle.
13. Low body weight (less than 127 pounds).
14. Low lifetime calcium intake.