

Osteoporosis Survey: Are You at Risk

Please check all that apply:

- Current age greater than 65 (risk increases with age)
- Early menopause (before age 45)
- History of low estrogen levels
- Women / Men on hormone replacement therapy
- History of Hypogonadism
- Vertebral compression fracture or fragility fracture after age 40
- Postmenopausal women with history of fracture
- Race: Caucasian / Asian women
- Low weight or weight loss (Weight less than 127 pounds)
- Family members with osteoporosis
- Systemic glucocorticoid therapy of more than three months' duration
- History of primary hyperparathyroidism
- History of frequent falls
- History of osteopenia apparent on X-ray film
- Non-use of estrogen replacement
- No regular exercise or an inactive lifestyle
- Limited ability to stand; wheelchair or bed dependant
- Excessive use of alcohol, coffee or tea (Caffeine)
- Low calcium and vitamin D intake (Low-calcium diet)
- Use of thyroid drugs or anticonvulsants drugs
- Use of Aluminum-containing antacids or cholesterol-lowering drugs
- History of long-term heparin therapy
- Low testosterone levels in men
- History of Liver disease, including cirrhosis
- History of Hyperthyroidism
- History of Scurvy, Cushing's, Marfan's or Ehler-Danlos syndromes
- History of cancer, including lymphoma
- History of gastrointestinal disorders / malabsorption syndrome
- Current use or history of use of immunosuppressant drugs such as prednisone, steroids, methotrexate, cyclosporine drugs
- Family history of osteoporotic fracture (especially maternal hip fracture)
- Abnormal cessation of menstrual periods (amenorrhea) due to anorexia nervosa, rigorous exercise, or an endocrinological problem

Please circle one of the following:

- 1) Have you ever been diagnosed with osteoporosis? Yes No
- 2) Have you ever had a bone density test / DEXA Scan? Yes No

If you had a bone density test, please give an approximate date of the test and the result if known: _____