

## Quiz – Are You at Risk for Osteoporosis?

Osteoporosis affects more than 10 million Americans over the age of 50, with women four times more likely to develop osteoporosis than men. Another 34 million Americans over the age of 50 have low bone mass (osteopenia) and therefore have an increased risk for osteoporosis. A number of factors contribute to osteoporosis; some you can control and others (like your age) you cannot.

Complete the questionnaire to determine your risk for developing osteoporosis.

QUESTIONS	YES	NO
1. Do you have a small, thin frame and/or are you Caucasian or Asian?		
2. Have you or a member of your immediate family broken a bone as an adult?		
3. Are you a post-menopausal woman?		
4. Have you had surgically-induced menopause, which involves a hysterectomy without hormone-replacement therapy?		
5. Do you take antiseizure medications (such as dilantin or phenobarbital) or have you been on glucocorticoids (e.g., prednisone) for more than three months?		
6. Have you taken, or are you taking, immunosuppressive medications or chemotherapy to treat cancer?		
7. Do you eat or drink fewer than the recommended three servings of dairy or calcium-enriched food/juice a day?		
8. Do you lead a sedentary lifestyle with little exercise?		
9. Do you smoke cigarettes?		
10. Do you regularly have more than one alcoholic drink per day (if you're a woman) or two alcoholic drinks per day (if you're a man)? A drink is 12 oz. of beer, 5 oz. of wine or 1.5 oz. of 80-proof liquor.		

The more times you answered "yes," the greater your risk for developing osteoporosis. If you answered five or more questions "yes," please take this form to your healthcare provider and ask about how they can test your bone density, assess your risk for fractures and osteoporosis, and monitor changes in your bone density over time.

**To schedule an appointment with an osteoporosis specialist visit  
[CooperHealth.org/ortho](http://CooperHealth.org/ortho) or call 1.800.8.COOPER**