WHAT IS YOUR OSTEOPOROSIS RISK?

Answer the questions below that apply to you.

How to grade your results:

1-2 points = Low risk  
3-4 points = Medium risk  
5-6 points = High risk  
7 or higher = Very high risk

Do you have a small, thin frame and/or are you Caucasian or Asian?   Yes (2 points)   No

Have you or a member of your family broken a bone as an adult?    Yes (3 points)   No

Are you a postmenopausal woman?   Yes (2 points)   No

Have you had an early or surgically induced menopause?   Yes (3 points)   No

Have you been taking high doses of thyroid medication or high or prolonged doses of cortisone-like drugs for asthma, arthritis or other diseases?   Yes (1 point)   No

Is your diet low in dairy products and other sources of calcium?   Yes (2 points)   No

Are you physically inactive?   Yes (1 point)   No

Do you smoke cigarettes or drink alcohol in excess?   Yes (1 point)   No