

## RISK FACTORS

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

### **Non-modifiable Risk Factors – what you cannot change!**

Are you over the age of 50?	YES	NO
Have either of your parents been diagnosed with osteoporosis or broken a bone after a minor fall (a fall from standing height or less)?	YES	NO
Did either of your parents have a stooped back (dowager's hump)?	YES	NO
Have you ever broken a bone after a minor fall, as an adult?	YES	NO
Do you fall frequently (more than once in the last year) or do you have a fear of falling because you are frail?	YES	NO
After the age of 40, have you lost more than 3cm in height (just over an inch)?	YES	NO
Have you ever taken corticosteroid tablets (cortisone, predisone, etc.) form more than 3 consecutive months (corticosteroids are often prescribed for conditions like asthma, rheumatoid arthritis, and some inflammatory diseases)?	YES	NO
Have you ever been diagnosed with rheumatoid arthritis?	YES	NO
Have you been diagnosed with an over-active thyroid, over-active parathyroid glands, type 1 diabetes or a nutritional/gastrointestinal disorder such as Crohn's or celiac disease?	YES	NO

#### **For Women:**

Did your menopause occur before the age of 45?	YES	NO
Have your periods ever stopped for 12 consecutive months or more (other than pregnancy, menopause, or hysterectomy)?	YES	NO
Were your ovaries removed before age 50, without you taking Hormone Replacement Therapy?	YES	NO

#### **For Men:**

Have you ever suffered from impotence, lack of libido or other symptoms related to low testosterone levels?	YES	NO
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### **Your Lifestyle Risk Factors – what you can change!**

Do you regularly drink alcohol in excess of safe drinking limits (more than 2 units per day)?	YES	NO
Do you currently smoke cigarettes?	YES	NO
Is your daily physical activity less than 30minutes per day (housework, gardening, walking, running etc.)?	YES	NO
Do you avoid, or are you allergic to milk or dairy products?	YES	NO
Do you take a calcium supplement?	YES	NO
Do you take a vitamin D supplement?	YES	NO

### **Questions to ask your provider:**