

Name:

Date:



Barrington Orthopedic Specialists

Take a **STAND** against Osteoporosis

Are you among the **ONE in THREE women**, and the **ONE in FIVE men** around the world who will be affected by osteoporosis?

1. Are you over 65 years of age? Yes No
2. Are you a Caucasian or Asian female? Yes No
3. Do you have low body weight (less than 127 pounds)? Yes No
4. Have you lost more than 1 inch in height or have progressive spinal curvature? Yes No
5. Do you have a family history of osteoporosis? Yes No
6. Do you have a personal history of fracture as an adult? Yes No
7. Have you fallen two or more times in the past year? Yes No
8. Have you fallen and an injury resulted in the past year? Yes No
9. Are you currently receiving or have received steroid pills (such as prednisone or cortisone)? Yes No
10. Are you currently receiving or have previously received any of the following: medication for seizures, epilepsy, prostate cancer, or prevent organ transplant rejection or chemotherapy for cancer? Yes No
11. Do you have any of the following medical conditions often associated with osteoporosis: liver or kidney disease, hyperparathyroidism, hypogonadism, rheumatoid arthritis, anorexia nervosa, celiac or Crohn's disease, inflammatory bowel diseases, malabsorption, or diabetes? Yes No
12. Have you had a lifelong low calcium intake? Yes No
13. Are you getting little or no weight-bearing exercise? Yes No
14. Do you smoke? Yes No
15. Do you regularly consume more than 2 servings of alcohol daily? Yes No

For women only. . .

16. Are you postmenopausal? Yes No
17. Have you ever missed your periods for 6 months or more (besides pregnancy or menopause)? Yes No
18. Have you experienced early or surgically-induced menopause at age 45 or younger? Yes No

If you answered yes to any of these questions, it does not mean you have osteoporosis, but you may be at risk. We recommend that you show this completed form to your physician, who will advise whether further tests are necessary. If you are over 50, we also recommend that you discuss your bone health with your doctor.