

Bone Health Risk Factor Test

*Are your bones at risk?
Take this test to find out.*

Personal History

Are you over 50 years old?	Yes <input type="radio"/> No <input type="radio"/>
Have you ever broken a bone after a minor fall, as an adult?	Yes <input type="radio"/> No <input type="radio"/>
Do you fall frequently (more than once in the last year) or do you have a fear of falling because you are frail?	Yes <input type="radio"/> No <input type="radio"/>
After the age of 40, have you lost more than 3 cm in height (just over an inch)?	Yes <input type="radio"/> No <input type="radio"/>
Are you underweight? (Is your BMI less than 20?)	Yes <input type="radio"/> No <input type="radio"/>
Have you ever taken corticosteroid tablets (prednisone, dexamethasone etc.) for more than three consecutive months?	Yes <input type="radio"/> No <input type="radio"/>
Have you ever been diagnosed with rheumatoid arthritis?	Yes <input type="radio"/> No <input type="radio"/>
Have you ever been diagnosed with an overactive thyroid or over active parathyroid glands?	Yes <input type="radio"/> No <input type="radio"/>

For Women

For women over 45: Did you go through menopause before the age of 45?	Yes <input type="radio"/> No <input type="radio"/>
Have your periods ever stopped for 12 consecutive months or more (other than because of pregnancy or hysterectomy)?	Yes <input type="radio"/> No <input type="radio"/>
Were your ovaries removed before age 50, without taking Hormone Replacement Therapy?	Yes <input type="radio"/> No <input type="radio"/>

For Men

Have you ever suffered from symptoms of low testosterone levels such as impotence or lack of libido?	Yes <input type="radio"/> No <input type="radio"/>
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Family History

Have either of your parents been diagnosed with osteoporosis or broken a bone after a minor fall?	Yes <input type="radio"/> No <input type="radio"/>
Do either of your parents have a stooped back?	Yes <input type="radio"/> No <input type="radio"/>

Lifestyle Factors

Do you exercise for less than 30 minutes per day (e.g. walking briskly, jogging, tennis)?	Yes <input type="radio"/> No <input type="radio"/>
Do you usually drink more than two units of alcohol per day without having two 'alcohol free' days per week?	Yes <input type="radio"/> No <input type="radio"/>
Are you (or have you ever been) a regular smoker?	Yes <input type="radio"/> No <input type="radio"/>
Do you spend less than 15 minutes at a time, 4-6 times per week, outside with face, arms and hands in the sun?	Yes <input type="radio"/> No <input type="radio"/>

Understanding your answers

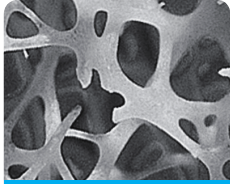
If you answered "yes" to any of these questions it does not mean that you have osteoporosis. Positive answers simply mean that you have 'risk factors' that can make you more likely to develop osteoporosis and/or suffer a fracture.

Please show this test to your doctor or healthcare provider who can make a clinical assessment and determine the next step. It is essential that fracture risk is evaluated and treatment considered to prevent further fractures.

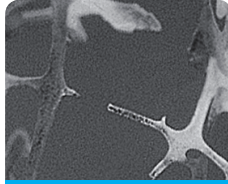
For more information see our brochure **All about Osteoporosis** or visit our website www.osteoporosis.org.nz

What is osteoporosis?

Osteoporosis literally means 'porous bone'. It is a condition that causes bones to become thin and fragile, decreasing bone strength and making them more prone to fractures. It is often called the 'silent disease' as bone loss occurs without any external symptoms.



Normal healthy bone



Osteoporotic bone

The result is that bones break easily, even following a minor bump or fall. Healthcare professionals may refer to these broken bones as fragility fractures or osteoporotic fractures. These terms all mean the same thing.

Fractures (bone breaks) can occur in any part of the body, the most common sites of a fragility fracture are the wrist, spine, shoulder and hip.

Osteoporosis is sometimes confused with osteoarthritis. Osteoporosis is a bone disease; osteoarthritis is a disease of the joints and surrounding tissue.

Fractures from osteoporosis are common. At least 1 in 3 women and 1 in 5 men will suffer from a fragility fracture.

After having a fragility fracture, the chance of having another fracture doubles. It is essential that fracture risk is evaluated and treatment considered to prevent further fractures.

Hip fractures are the most serious fractures caused by osteoporosis. Importantly, half of people who break their hip have broken another bone – the wrist, spine, or shoulder – before breaking their hip.

The first fragility fracture provides an opportunity to seek treatment to prevent further fractures, especially painful and potentially life changing hip fractures.

Respond to the first fracture (broken bone) to prevent a second. After your first fragility fracture, your risk of having another fracture doubles.

Family history

Bone health can be inherited. If anyone in your immediate family has osteoporosis, had a broken hip, rapidly lost height or developed a stooped back, you could be at risk.

Low Body Weight

People who are underweight (BMI<20) have significantly increased fracture risk.

BMI stands for Body Mass Index. It gives you an idea of whether you're underweight, overweight or an ideal weight for your height.

Body Mass Index (BMI) is a measure based on height and weight that applies to both adult Men and Women.

BMI Categories:

Underweight = BMI below 18.5

Normal Weight = BMI 18.5 – 24.9

Overweight = BMI 25 – 29.9

Obesity = BMI 30 or Greater

How to calculate your Body Mass Index (BMI)

$$\text{BMI (kg/m}^2\text{)} = \frac{\text{weight in kilograms}}{\text{height in meters}^2}$$

This tool can be found on our website:

www.osteoporosis.org.nz Search BMI Calculator.

Limit alcohol

While a daily glass or two of wine or beer won't impact on your bone health, more than two units of alcohol per day can raise your fracture risk a lot. Aiming for no more than 2 standard drinks per day, and at least two 'alcohol free days' each week can help you stay healthy.

Don't smoke

Smoking has been shown to raise fracture risk substantially.