

Osteoporosis is a debilitating disease in which bones become fragile and are more likely to break. It can be prevented and treated but if steps are not taken, it progresses painlessly until a bone breaks. Are you at risk?

Complete the questionnaire on the back of this card to determine your risk for developing osteoporosis. The more times you answer yes, the greater your risk.

**Yes No**

- |   |                          |                          |
|---|--------------------------|--------------------------|
| 1. Have you broken a bone as an adult?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does your family have a history of osteoporosis?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you a post-menopausal woman?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have a small, thin body frame?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you taken high doses of thyroid medication or used Prednisone for more than 3 months? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you taken immunosuppressive medications or chemotherapy to treat cancer?              | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Is your diet low in dairy and other sources of calcium?                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you smoke?  | <input type="checkbox"/> | <input type="checkbox"/> |

Contact your Sanford healthcare provider for more information regarding your bone health. Ask about getting a bone mineral density test.

**(605)886-8471**

