GUIDELINES FOR BONE MINERAL DENSITY TESTING

All women age 65 and older regardless of additional risk factors

All postmenopausal women under age 65 who have one or more additional risk factors

RISK FACTORS FOR FRACTURE DUE TO OSTEOPOROSIS

- Personal history of fracture (after minimal trauma) as an adult
- Family history of osteoporosis in a first-degree relative
- Current cigarette smoking
- Low body weight (less than 127 lbs)
- Estrogen deficiency
- Low calcium intake (lifelong)
- Long-term use of corticosteroid medications like prednisone
- Sedentary lifestyle
- Poor eyesight despite glasses
- Recurrent falls
- Caucasian or Asian race
- Poor health (frail)
- Dementia
- Alcoholism
- The extremely elderly

Resources

NATIONAL OSTEOPOROSIS FOUNDATION  www.nof.org
NORTH AMERICAN MENOPAUSE SOCIETY  www.menopause.org