

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