

## Osteoporosis Risk Factor Survey

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Race: Asian: \_\_\_\_\_ White: \_\_\_\_\_ Black: \_\_\_\_\_ Other: \_\_\_\_\_

Current Height: \_\_\_\_\_ Maximum Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Medications (include supplements): \_\_\_\_\_

\_\_\_\_\_

Do you have a family history of osteoporosis? •YES NO

Have your parents shrunk at least 2 inches or had any hip or vertebrae fractures? •YES NO

Do you drink alcohol? If yes, how much? •YES NO

Have you ever smoked? If yes, how much? •YES NO

Do you exercise? If yes, how much? YES NO•

Is your diet low in dairy products and other sources of calcium? •YES NO

Did you have a poor diet as a child? •YES NO

Do you drink soda or caffeinated beverages? If yes, how much? •YES NO

Have you ever had an eating disorder (anorexia / bulimia)? •YES NO

Do you take vitamins or calcium supplements? YES NO•

If yes, what type and how much? \_\_\_\_\_

How many natural children do you have? \_\_\_\_\_

Did you take calcium/vitamin supplements during pregnancy? YES NO•

Did your hair turn gray prematurely? •YES NO

Are you postmenopausal? If yes, at what age did you begin menopause? •YES NO

Have you ever taken estrogen or progesterone? •YES NO

Did you ever fracture your hip? If yes, when? •YES NO

Did you ever fracture your spine? If yes, when? •YES NO

Did you ever fracture your wrist? If yes, when? •YES NO

Have you had other fractures since age 50? •YES NO

Have you had surgery on your hip? •YES NO

Have you had surgery on your spine? •YES NO

Have you lost more than 2 inches in height since high school? •YES NO

Do you have hyperparathyroidism? •YES NO

Do you have thyroid dysfunction? •YES NO

Do you take thyroid medications regularly? •YES NO

Do you take prednisone or other steroids regularly? •YES NO

Do you have a history of **chronic** depression, anxiety, or stress problems? •YES NO

### Risk Factors for Osteoporosis and Osteoporosis Fractures

- Advanced age
- Smoking
- Anticonvulsant use
- Female gender
- High caffeine intake
- Thyroid disorders
- Caucasian or Asian ethnicity
- Corticosteroid use
- Heparin use
- Family history of fractures
- Infrequent or no periods
- Malabsorption syndromes
- Low body mass index (thin)
- Sedentary lifestyle
- Hypercortisolism
- Anorexia nervosa
- Excessive alcohol intake
- Hypogonadism (in men)
- Premature gray hair
- Low calcium or Vit D intake