

# OSTEOPOROSIS.RISK.CHECK

Find out whether any of these common risk factors for osteoporosis and fractures could apply to you.

 <p><b>OLDER THAN 60?</b></p>	 <p><b>BROKEN A BONE AFTER AGE 50?</b></p>	 <p><b>GETTING SHORTER?</b></p>	 <p><b>PARENTAL HISTORY?</b></p>
 <p><b>FREQUENT FALLS?</b></p>	 <p><b>GLUCOCORTICOID TREATMENT?</b></p>	 <p><b>RHEUMATOID ARTHRITIS?</b></p>	 <p><b>DIABETES?</b></p>
 <p><b>HYPERTHYROID OR HYPERPARATHYROID?</b></p>	 <p><b>DIGESTIVE DISEASES?</b></p>	 <p><b>BREAST OR PROSTATE CANCER THERAPY?</b></p>	 <p><b>LOW TESTOSTERONE LEVELS?</b></p>
 <p><b>EARLY MENOPAUSE, PERIODS STOPPED?</b></p>	 <p><b>OVARIES REMOVED?</b></p>	 <p><b>UNDERWEIGHT?</b></p>	 <p><b>GETTING ENOUGH SUNLIGHT?</b></p>
 <p><b>LITTLE PHYSICAL ACTIVITY?</b></p>	 <p><b>AVOIDING DAIRY FOODS?</b></p>	 <p><b>TOO MUCH ALCOHOL INTAKE?</b></p>	 <p><b>SMOKER?</b></p>



Don't let osteoporosis affect you! If you are at risk, talk to your doctor.

