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## Are you at risk for Osteoporosis or other Bone Disease?

***If you are a woman at any age or a man over 50 you should be screened for osteoporosis.***

In addition if you answer yes to several questions below, you should talk to your doctor about being screened for Osteoporosis with a bone density test.

- Yes  No  Are you thin (under 127 pounds) or have small-bones?
- Yes  No  Do you have a family history of osteoporosis?
- Yes  No  Are you a postmenopausal woman not taking hormones?
- Yes  No  Have you had an early or surgically induced menopause?
- Yes  No  Have you been taking excessive thyroid medication or high doses of cortisone-like drugs for asthma, arthritis or cancer?
- Yes  No  Do you take Depo-Provera for birth control prevention?
- Yes  No  Is your diet low in dairy products and other sources of calcium?
- Yes  No  Are you physically inactive?
- Yes  No  Do you smoke cigarettes?

## Osteoporosis Prevention

### **5 Steps to Bone Health** *From the National Osteoporosis Foundation*

- ➊ Get your daily recommended amounts of calcium and vitamin D.
- ➋ Engage in regular weight-bearing exercise.
- ➌ Avoid smoking and excessive alcohol.
- ➍ Talk to your doctor about bone health.
- ➎ Have a bone density test and take medication when appropriate.