

Are you at risk for weak bones?

Check any of these that apply to you.

- ☐ I'm older than 65.
- ☐ I've broken a bone after age 50.
- ☐ My close relative has osteoporosis or has broken a bone.
- ☐ My health is "fair" or "poor."
- ☐ I smoke.
- ☐ I am underweight for my height.
- ☐ I started menopause before age 45.
- ☐ I've never gotten enough calcium.
- ☐ I have more than two drinks of alcohol several times a week.
- ☐ I have poor vision, even with glasses.
- ☐ I sometimes fall.
- ☐ I'm not active.
- ☐ I have one of these medical conditions:
 - Hyperthyroidism
 - Chronic lung disease
 - Cancer
 - Inflammatory bowel disease
 - Chronic hepatic or renal disease
 - Hyperparathyroidism
 - Vitamin D deficiency
 - Cushing's disease
 - Multiple sclerosis
 - Rheumatoid arthritis
- ☐ I take one of these medicines:
 - Oral glucocorticoids (steroids)
 - Cancer treatments (radiation, chemotherapy)
 - Thyroid medicine
 - Antiepileptic medications
 - Gonadal hormone suppression
 - Immunosuppressive agents

*If you have any of these "red flags,"
you could be at high risk for weak bones.*

