

Risk Factor Worksheet

Below is a list of risk factors that may increase the likelihood of developing osteoporosis. Put a check by each one that applies to you. The more factors you check, the greater your risk may be.

RISK FACTORS THAT CAN NOT BE CONTROLLED

- I am a woman
- I have a family history of osteoporosis
- I had early loss of ovarian function
- I am postmenopausal
- I am over age 50
- I have hyperthyroidism
- I am small boned, thin
- I am Caucasian or Asian
- I have chronic diarrhea or intestinal malabsorption syndrome
- I have or had an eating disorder such as anorexia or bulimia
- I use certain drugs, such as steroids for asthma, arthritis, or cancer drugs

RISK FACTORS THAT CAN BE CONTROLLED

- I have a low calcium intake (I avoid dairy products)
- I am physically active less than five days per week
- I have little or no exposure to sun
- I smoke
- I have a high alcohol intake (at least one drink per day)
- I have a high caffeine intake (2-3 cups of caffeine beverage per day)
- I perform physical activity excessively (causing missed monthly periods)