

## Osteoporosis Risk Assessment Results

### What your score means?

After ticking the box in front of the most appropriate answer, please calculate your score by calculating the sum of the points present beside each answer.

### What your score means?

- 0-4 Points:** This is the lowest category of risk. However, if you score points for questions on factors you can not control, you may still want to find ways to make changes in your lifestyle to lower those particular points.
- 5-11 Points:** This is the moderate category of risk. You should consider having an Osteoporosis Screening and you should review our Risk Factors. You may want to find ways to make changes in your lifestyle to lower your score. If you experienced more than a fall this year, you have to contact our helpline for Falls Assessment.
- 12 Points or more:** This is the high-risk category. You should have an Osteoporosis Screening to determine your bone mineral density. You should also review our Risk Factors. If you experienced more than a fall this year, you have to contact our helpline for Falls Assessment.

## Are you at risk of breaking a bone?

### Fracture Risk Assessment

Work out if you're at risk of developing osteoporosis and breaking a bone in the next 10 years.

The online Fracture Risk Assessment Tool (<http://www.shef.ac.uk/FRAX/tool.aspx?country=1>), FRAX uses a range of risk factors to predict a person's risk of fracture because of weak bones.

The self-assessment tool gives a 10-year probability of a fracture in the spine, hip, shoulder or wrist for people aged between 40 and 90.

Estimating your fracture risk could be the first step to getting early treatment to strengthen your bones and reduce your fracture risk.

Treatment can cut your chances of falling and fracturing a bone. It's never too late to start treatment.

Osteoporosis is usually diagnosed with a bone density scan (called a DEXA or DXA scan).

However, low bone density is not a perfect measure of fracture risk and needs to be considered alongside other risks, such as age, gender, general health and genes.

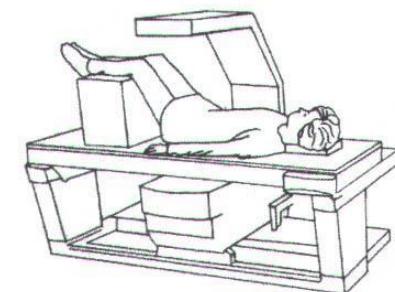
The FRAX tool, which can be done without a DEXA score, can be a prompt for further discussion about your bone health with your GP to see if a DXA scan is necessary to estimate your risk of future fracture.

If you have any query, please do not hesitate to contact us, or your doctor.

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## Egyptian Academy of Bone Health



## Osteoporosis Risk Assessment

# Do I have Osteoporosis?

**Prof. Yasser El Miedany  
MD, FRCP (London)**

**Consultant Rheumatologist  
Lead Clinician Bone Health**

## Who is at Risk?

By reading the following information and taking this quiz the metabolic bone Disease Unit at Darent Valley Hospital helps you to find out more about your personal risk to have osteoporosis, and take an important step toward improving your health.

Caucasian and Asian females are at the highest risk for Osteoporosis; but many people do not realize that 20% of individuals diagnosed with osteoporosis are men! Risk factors include: **Age** (the older you are, the greater risk of osteoporosis), **Gender** (the chances are greater if you are a woman), **Body Size** (small thin boned women are at greater risk), **Family history** (susceptibility to fracture may be hereditary, people whose parents have a history of fractures also seem to have reduced bone mass and may be at risk for fractures), **poor nutritional habits; lack of exercise**, as well as **eating disorders**. Certain **illnesses** (e.g. thyroid dysfunction, rheumatoid arthritis, asthma, kidney disorders) **medications** (e.g. steroids and anticonvulsants) can also increase individual's risk for osteoporosis.

Most importantly, a person's bone density is not visible or apparent. Take our **Osteoporosis Risk Assessment** to determine your risk factors and to identify whether you should have an **Osteoporosis Screening**. The test is quick and simple.

## Osteoporosis Risk Assessment

### 1. Family History

Do you have a close relative (grandparents, parents, brother, or sister) who has developed Osteoporosis?

Yes (2)

No (0)

### 2. Ethnicity

Are you of Caucasian or Asian descent?

Yes (2)

No (0)

### 3. Age & Sex: Are you

a. Female under age 45 y.

Yes (0)

No (2)

b. Male under age 60 years

Yes (0)

No (2)

### 4. Bone Structure & Body weight

Are you small boned and thin?

Yes (1)

No (0)

### 5. Hormone Levels

Are you a woman experiencing abnormal absence of menstrual periods (amenorrhea), low estrogen level (menopause) or a man with low testosterone?

Yes (3)

No (0)

### 6. Eating Disorder

Do you have or have you had anorexia or bulimia?

Yes (2)

No (0)

### 7. Medication History

Have you taken any of the following medications: Steroids/Thyroid medications/ Anticonvulsants / or hormones).

Yes (2)

No (0)

### 8. Diet

Do you eat 3 or more servings of dairy products/day

Yes (0)

No (2)

### 9. Calcium

Do you take a calcium supplement or bone health supplement daily?

Yes (0)

No (1)

### 10. Alcohol/Caffeine

Do you consume alcohol/caffeine in excess or have you previously consumed excessive alcohol/caffeine.

Yes (2)

No (0)

### 11. Smoking: Do you smoke?

a. Non-smoker  
b. non-smoker less than a year  
c. less than a pack/day  
d. one pack or more/day

Yes (0)

Yes (1)

Yes (2)

Yes (4)

### 12. Exercise: Do you participate in weight bearing exercise?

a. Three or more times/week  
b. once or twice/week  
c. less than once/week

Yes (0)

Yes (1)

Yes (2)

**Total Score: .....**