

The NEW IOF One-Minute Osteoporosis Risk Test

19 easy questions to help you understand the status of your bone health

What you cannot change – your family history

1. Have either of your parents been diagnosed with osteoporosis or broken a bone after a minor fall (a fall from standing height or less)?
 yes no
2. Did either of your parents have a “dowager’s hump”?
 yes no

Your personal clinical factors

These are fixed risk factors that one is born with or cannot alter. But that is not to say that they should be ignored. It is important to be aware of fixed risks so that steps can be taken to reduce loss of bone mineral.

3. Are you 40 years old or older?
 yes no
4. Have you ever broken a bone after a minor fall, as an adult?
 yes no
5. Do you fall frequently (more than once in the last year) or do you have a fear of falling because you are frail?
 yes no
6. After the age of 40, have you lost more than 3 cm in height (just over 1 inch)?
 yes no
7. Are you underweight (is your Body Mass Index less than 19 kg/m²)? (See: “How to calculate your BMI”)
 yes no
8. Have you ever taken corticosteroid tablets (cortisone, prednisone, etc.) for more than 3 consecutive months (corticosteroids are often prescribed for conditions like asthma, rheumatoid arthritis, and some inflammatory diseases)?
 yes no

9. Have you ever been diagnosed with rheumatoid arthritis?
 yes no
10. Have you been diagnosed with an over-reactive thyroid or over-reactive parathyroid glands?
 yes no

For women:

11. For women over 45: Did your menopause occur before the age of 45?
 yes no
12. Have your periods ever stopped for 12 consecutive months or more (other than because of pregnancy, menopause or hysterectomy)?
 yes no
13. Were your ovaries removed before age 50, without you taking Hormone Replacement Therapy?
 yes no

For men:

14. Have you ever suffered from impotence, lack of libido or other symptoms related to low testosterone levels?
 yes no

What you can change – your lifestyle factors

Modifiable risk factors which primarily arise because of diet or lifestyle choices.

15. Do you regularly drink alcohol in excess of safe drinking limits (more than 2 units a day)? (See: “How to estimate your alcohol consumption”)
 yes no
16. Do you currently, or have you ever, smoked cigarettes?
 yes no

17. Is your daily level of physical activity less than 30 minutes per day (housework, gardening, walking, running etc.)?
 yes no
18. Do you avoid, or are you allergic to milk or dairy products, without taking any calcium supplements?
 yes no
19. Do you spend less than 10 minutes per day outdoors (with part of your body exposed to sunlight), without taking vitamin D supplements?
 yes no

Understanding your answers:

If you answered “yes” to any of these questions it does not mean that you have osteoporosis. Positive answers simply mean that you have clinically-proven risk factors which may lead to osteoporosis and fractures.

Please show this risk test to your physician or health care professional who may encourage you to have a bone mineral density test (BMD), and who will advise on what treatment, if any, is recommended.

If you have no or few risk factors you should nevertheless discuss your bone health with your physician and monitor your risks in the future. You should also discuss osteoporosis with your family and friends and encourage them to take this test.

You can get more information (and calculate your BMI), and also contact your national osteoporosis society via:

www.iofbonehealth.org

And don't forget to give this new IOF One-Minute Osteoporosis Risk Test to your family and friends.

How to calculate your Body Mass Index (BMI)

Body mass index (BMI) is a measure based on height and weight that applies to both adult men and women.

BMI Categories:

Underweight = below 18.5
 Normal weight = 18.5 – 24.9
 Overweight = 25 – 29.9
 Obesity = 30 or greater

Imperial BMI Formula

The imperial BMI formula accepts weight measurements in pounds & height measurements in either inches or feet. 1 foot = 12 inches. Inches² = inches x inches

$$\text{BMI (kg/m}^2\text{)} = \frac{\text{weight in pounds} \times 703}{\text{height in inches}^2}$$

Metric BMI Formula




The metric BMI formula accepts weight measurements in kilograms & height measurements in either cm or meters. 1 meter = 100cm. Meters² = meters x meters

$$\text{BMI (kg/m}^2\text{)} = \frac{\text{weight in kilograms}}{\text{height in meters}^2}$$

How to estimate your alcohol consumption

A unit of alcohol is equivalent to 10 ml (or approximately 8 grams) of pure ethanol, the active chemical ingredient in alcoholic beverages. Excessive alcohol consumption increases the risk of osteoporosis and fractures.

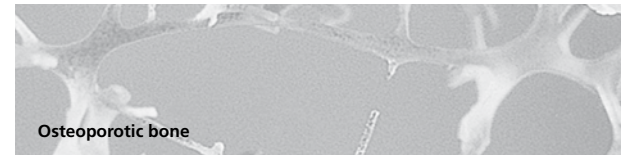
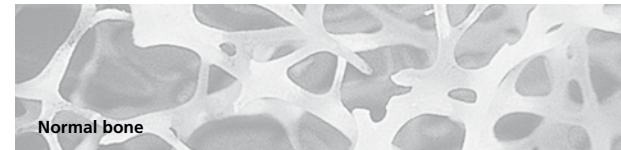
As a rough guide Units of alcohol per glass*:

	=		=	
Beer or cider (4% alcohol): 250 ml/8.75 oz. = 1 unit		Wine (12.5% alcohol): 80 ml/2.80 oz. = 1 unit		Spirits (40% alcohol): 25 ml/0.88 oz. = 1 unit (100 ml = 3.5 fluid oz.)

* Standard glasses and alcohol content in beverages vary per country, hence fluid amounts and percentages used rather than standard glasses.

What is Osteoporosis?

Osteoporosis is a disease in which the density and quality of bone are reduced, leading to weakness of the skeleton and increased risk of fracture, particularly of the spine, wrist, hip, pelvis and shoulder. Osteoporosis and associated fractures are an important cause of mortality and morbidity.



Some Important facts:

- Osteoporosis, the silent epidemic, is a global problem.
- Approximately 1.6 million hip fractures occur worldwide each year. By 2050 this number could reach between 4.5 million¹ and 6.3 million².
- In women over 45, osteoporosis accounts for more days spent in hospital than many other diseases, including diabetes, myocardial infarction³.
- It is estimated that only one out of three vertebral fractures comes to clinical attention⁴.
- Women who develop a vertebral fracture are at substantial risk for additional fracture within the next year⁵.

1. Gullberg B, Johnell O, Kanis JA (1997) World-wide projections for hip fracture. *Osteoporos Int* 7:407-413. 2. Cooper C, Campion G, Melton LJ, 3rd (1992) Hip fractures in the elderly: a world-wide projection. *Osteoporos Int* 2:285-289. 3. Kanis JA, Delmas P, Burckhardt P, et al. (1997) Guidelines for diagnosis and management of osteoporosis. The European Foundation for Osteoporosis and Bone Disease. *Osteoporos Int* 7:390-406. 4. Cooper C, Atkinson EJ, O'Fallon WM, et al. (1992) Incidence of clinically diagnosed vertebral fractures: a population-based study in Rochester, Minnesota, 1985-1989. *J Bone Miner Res* 7:221-227. 5. Lindsay R, Silverman SL, Cooper C, et al. (2001) Risk of new vertebral fracture in the year following a fracture. *J Am Med Assoc* 285:320-323.

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Take the **NEW IOF One-Minute Osteoporosis Risk Test**

Are you at risk of osteoporosis?

Are you among the **one in three women**, and the **one in five men** around the world who will be affected by osteoporosis?

Osteoporosis weakens bones and causes fractures which can result in severe disability.

Take this new IOF One-Minute Osteoporosis Risk Test and find out if you are at risk.