

Find out if you are at risk for weak bones.

If you answer yes to any of these questions, you could be at risk for weak bones.

- 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

***Talk to your doctor, nurse,
pharmacist, or other health
care professional.***



**You are never too old or too young to
improve your bone health.**

