



Are you among the one in three women, and the one in eight men who will be affected by osteoporosis in their lifetimes?

Osteoporosis weakens bones. It causes severe disability. It can be fatal.

But osteoporosis can be detected early. It can be treated.

Are you at risk of osteoporosis?

Take the One-Minute Osteoporosis Risk Test

1. Have either of your parents broken a hip after a minor bump or fall?
 Yes No
2. Have you broken a bone after a minor bump or fall?
 Yes No
3. Have you taken corticosteroid tablets (cortisone, prednisone, etc) for more than 3 months?
 Yes No
4. Have you lost more than 3 cm (just over 1 inch) in height?
 Yes No
5. Do you regularly drink heavily (in excess of safe drinking limits)?
 Yes No
6. Do you smoke more than 20 cigarettes a day?
 Yes No
7. Do you suffer frequently from diarrhoea (caused by problems such as celiac disease or Crohn's disease)?
 Yes No
- For women:**
8. Did you undergo menopause before the age of 45?
 Yes No
9. Have your periods stopped for 12 months or more (other than because of pregnancy)?
 Yes No
- For men:**
10. Have you ever suffered from impotence, lack of libido or other symptoms related to low testosterone levels?
 Yes No

If you answered "yes" to any of these questions, it does not mean that you have osteoporosis. Diagnosis of osteoporosis can only be made by a physician through a bone density test. We recommend that you show this test to your doctor, who will advise whether further tests are necessary. The good news is that osteoporosis can be diagnosed easily and treated.

Talk to your local osteoporosis society about what changes you might make in your lifestyle to reduce your osteoporosis risk. You can contact your national osteoporosis society via

www.osteofound.org



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