

OSTEOPOROSIS . RISK . CHECK

Find out whether any of these common risk factors for osteoporosis and fractures could apply to you.

RISK FACTORS THAT CAN'T BE CHANGED



OLDER THAN 60?

If you are a woman aged 60 years or over, or a man aged 70 years or over, you should discuss bone health at your next check-up.



BROKEN A BONE AFTER AGE 50?

If you've broken a bone after a minor fall, it may be because of osteoporosis. One broken bone is a major risk factor for a new fracture.



GETTING SHORTER?

Height loss over 4 cm (1.5 in) as an adult is often caused by osteoporotic spine fractures.



PARENTAL HISTORY?

If your parents had a hip fracture, a stooped back or there is a strong family history of osteoporosis, you may be at higher risk of developing osteoporosis and having a fracture.



GLUCOCORTICOID TREATMENT?

Glucocorticoids, often prescribed for inflammatory conditions like rheumatoid arthritis, may lead to bone loss when used for more than 3 consecutive months.



RHEUMATOID ARTHRITIS?

Rheumatoid arthritis and the use of corticosteroids as a treatment may lead to osteoporosis.



DIABETES?

Both type 1 and type 2 diabetes have been associated with increased fracture risk.



HYPERTHYROID OR HYPERPARATHYROID?

Hyperthyroidism and hyperparathyroidism lead to bone loss and osteoporosis.



DIGESTIVE DISEASES?

Conditions such as inflammatory bowel disease or coeliac disease lead to malabsorption of calcium and other nutrients which increases osteoporosis risk.



BREAST OR PROSTATE CANCER THERAPY?

Prostate and breast cancer are treated by hormone removal, which contributes to bone loss. Chemotherapy, radiation therapy, and corticosteroids also negatively affect bone health.



LOW TESTOSTERONE LEVELS?

Testosterone in men plays a similar role to oestrogen in women – lower levels of this hormone negatively affect bone health and may increase the risk of osteoporosis.



EARLY MENOPAUSE, PERIODS STOPPED AND/OR OVARIES REMOVED?

All three conditions mean you have lower oestrogen levels in your body, a factor which increases osteoporosis risk, unless you have been taking hormonal replacement therapy.

RISK FACTORS THAT YOU CAN CHANGE



FREQUENT FALLS?

Falls are the primary cause of fractures and anyone who falls frequently is at higher risk of breaking a bone.



UNDERWEIGHT?

A Body Mass Index (BMI) of less than 19 kg/m² (equivalent to 19 lbs/in²) is a risk factor for osteoporosis and fractures, due to frailty and, in women, due to lower oestrogen levels.



GETTING ENOUGH SUNLIGHT?

If you spend less than 10 minutes per day outdoors without taking vitamin D supplements you could be vitamin D deficient, which would negatively impact bone health as it is necessary for the absorption of calcium.



LITTLE PHYSICAL ACTIVITY?

Lack of physical activity (less than 30 minutes a day) results in bone and muscle loss.



AVOIDING DAIRY FOODS?

If you avoid, are allergic or intolerant to dairy products, without taking calcium supplements, you have probably been calcium-deficient and are at higher risk of osteoporosis.



TOO MUCH ALCOHOL INTAKE AND/OR SMOKER?

Drinking too much alcohol, smoking or having smoked impacts negatively on bone health.

If any risk factors apply to you, it does not mean that you have osteoporosis, just that you may have a greater chance of developing this condition. In this case, be sure to discuss bone health with your doctor, who may advise a bone health assessment. If you have not identified any risk factors, we encourage you to lead a bone healthy lifestyle and keep monitoring your risks in the future.

TIPS FOR A BONE-HEALTHY LIFESTYLE

- Increase your levels of physical activity
- Ensure a nutritious, balanced diet which includes enough dietary calcium
- Dairy intolerance? Find out about calcium-rich alternatives or explore which dairy products you can enjoy in moderation
- Spend more time outdoors to ensure you are getting enough vitamin D or take supplements if required
- Avoid smoking and drink alcohol only in moderation

DON'T LET OSTEOPOROSIS AFFECT YOU, YOUR FAMILY OR FRIENDS!

For further information about osteoporosis, related fractures and to find your national osteoporosis society <http://international.osteoporosis.foundation>