Bone Health Screening

To learn more about your risk for osteoporosis, take this simple quiz.

Directions: For each question to which you would answer "yes," please circle the number. When you have answered every question, total the circled numbers to calculate your risk.

As an adult, have you ever had a fracture of your spine, hip or wrist?	**5**
Has your mother had a hip fracture?	**3**
Are you over 80 years of age?	**3**
Are you post-menopausal and not taking Hormone Replacement Therapy?	**3**
Do you smoke more than ½ pack of cigarettes per day?	**3**
Do you weigh less than you did at age 25?	**1**
Do you or have you ever taken anti-seizure medication?	**1**
Do you or have you ever taken steroids?	**1**
Do you drink more than (2) alcoholic drinks per day?	**1**
Do you have poor calcium or vitamin D intake?	**1**
Do you exercise less than (3) times per week?	**1**
Are you up on your feet less than 4 hours per day?	**1**
Are you unable to get up from a chair without using your arms to push up?	**1**
Have you fallen more than once in the past year?	**1**
Do you have difficulty with walking?	**1**
TOTAL	

If your score totals (5) or more, talk to your doctor about being evaluated further for osteoporosis.
Read more about how St. Francis can help at www.stfrancishealth.org

This quiz is not a substitute for your physician's clinical judgment in consideration of any risk factors that you have.