STILLWATER
MEDICAL GROUP
A member of Lakeview Health

Patient Name _____ Provider _____ Date _____

Osteoporosis: Health Risk Assessment

Osteoporosis is preventable if bone loss is detected early. Your answers to the questions below may suggest that you are at risk for developing osteoporosis. We ask that you discuss this risk assessment with your healthcare provider. Your healthcare provider may recommend that you have a bone mass measurement test (Dexa scan). This test will safely and accurately measure your bone density and reliably predict your risk of future fracture.

Please circle the most appropriate answer for you:

1. **Do you have a small, thin frame and/or are you Caucasian or Asian?**
   Yes No
2. **Have you or a member of your immediate family broken a bone as an adult?**
   Yes No
3. **Are you a postmenopausal woman?**
   Yes No
4. **Have you had an early or surgically-induced menopause?**
   Yes No
5. **Have you taken high doses of thyroid medication or used glucocorticoids (for example, prednisone) for more than 3 months?**
   Yes No
6. **Have you taken, or are you taking, immunosuppressive medications or chemotherapy to treat cancer?**
   Yes No
7. **Is your diet low in dairy products and other sources of calcium?**
   Yes No
8. **Are you physically inactive?**
   Yes No
9. **Do you smoke cigarettes or drink alcohol in excess?**
   Yes No
10. **Have you ever had an eating disorder?**
    Yes No

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