



Know Your Bone Health Risk Factors™

Notice which factors may deserve a closer conversation with your healthcare provider.



CHECK ANY THAT APPLY TO YOU

This is not a score. One important risk factor may matter more than several minor ones.



1 MENOPAUSE & AGE



- ☐ I am postmenopausal.
- ☐ Menopause began before age 45.
- ☐ I had both ovaries removed before natural menopause.
- ☐ I am age 65 or older.

2 PERSONAL & FAMILY HISTORY



- ☐ I have broken a bone after a minor fall or everyday movement.
- ☐ A parent had a hip fracture.
- ☐ I have noticed height loss or a more curved upper back.
- ☐ I fall often or feel unsteady.

3 MEDICATIONS



- ☐ I use or previously used steroid medicines for an extended time.
- ☐ I take a medicine that may affect bone health.
- ☐ I have received treatment that lowers estrogen.
- ☐ I am unsure whether my medicines affect my bones.

4 HEALTH CONDITIONS



- ☐ I have a thyroid, parathyroid or autoimmune condition.
- ☐ I have celiac disease, inflammatory bowel disease or another absorption concern.
- ☐ I have a condition affecting my kidneys, liver or hormones.
- ☐ I have had significant or unexplained weight loss.

5 EVERYDAY FACTORS



- ☐ I smoke or previously smoked.
- ☐ I regularly drink more alcohol than recommended for me.
- ☐ I may not get enough calcium, vitamin D or protein.
- ☐ I do little strength, weight-bearing or balance activity.



WHAT TO DO WITH THIS CHECKLIST

Bring the checked items to your next appointment. Ask whether you need a bone-health assessment, a DXA scan or help addressing factors that can be changed.



PLEASE SEEK PROMPT MEDICAL CARE

Get evaluated for a suspected fracture, sudden severe back pain after minor strain or a new inability to bear weight.



Gentle Reminder

Risk factors do not tell you whether you have osteoporosis. They help guide a more informed conversation.



Martine's Midlife Wellness Tip

Bring your complete medication and supplement list. Bone-health clues are sometimes hiding in the details.