

Assess your fracture risk

Osteoporosis Canada recommends that all women and men **over the age of 50** should be assessed for risk factors for osteoporosis and fracture to identify those at high risk. Although bone mineral density is an important contributor in determining risk, there are several other factors that play a role. Knowing your risks can help you proactively manage your bone health.

Are you 50 years or older? Complete this questionnaire* to find out if you are at risk for fracture.

I am 65 years of age or older	<input type="radio"/> Yes <input type="radio"/> No
After the age of 40, I suffered a broken bone or a spinal fracture from a simple fall, bump or everyday activity	<input type="radio"/> Yes <input type="radio"/> No
My mother or father fractured a hip	<input type="radio"/> Yes <input type="radio"/> No
I have used glucocorticoids such as prednisone for more than three months in the last year	<input type="radio"/> Yes <input type="radio"/> No
I have a tendency to fall or lose my balance	<input type="radio"/> Yes <input type="radio"/> No
I've lost more than 2 cm (¾ inches) in height in the last two years	<input type="radio"/> Yes <input type="radio"/> No

* This is a selected list of risk factors. Ask your doctor about other risk factors for osteoporosis and fracture.

If you have answered yes to any one of the above questions, talk to your doctor to see if you need a bone mineral density test and about doing a comprehensive fracture risk assessment.

Visit [HEALTHANDBONE.ca](https://www.healthandbone.ca) to learn more.