

# Today's Women's Health Specialists

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## Are You at Risk for Serious Bone Loss?

(Please place the risk number in each corresponding box)

<b>1. Risk Factors That Can Be Controlled</b>	
Do you smoke cigarettes? Risk Number: No = 0 Yes = 4	Do you add salt to foods at the table? No = 0 Yes = 3
Do you drink alcoholic beverages? No = 0 1-2 oz a day = 2 3+ oz a day = 4	Are you a vegetarian or have a heavily weighted vegetable diet? No = 0 Yes = 2
Do you avoid milk and other dairy products? No = 0 Yes = 3	Do you have an eating disorder or consume too little nutritious food? No = 0 Yes = 4
Do you exercise? Regularly = 0 Little or none = 3	Do you have a high fiber diet? No = 0 Yes = 2
Are you a female who exercises a great deal with little or no menstruation? No = 0 Yes = 4	Do you have 3 or more cups of coffee a day or an equivalent amount of caffeine from other sources, such as cola beverages? No = 0 Yes = 2
Is your diet high in animal protein, such as red meat? No = 0 Yes = 2	Subtotal of Risk Factors that can be controlled
<b>2. Risk Factors That Can't Be Controlled</b>	
Do you have a family history of osteoporosis or other bone disease? No = 0 Yes = 4	Do you have a low percentage of body fat (less than 15% of total body weight) No = 0 Yes = 4
Are you white, northern European, or Asian? No = 0 Yes = 3	Have you had both of your ovaries removed? No = 0 Yes = 4
Do you have a fair complexion? No = 0 Yes = 2	Have you had children? No = 2 Yes = 0
Do you have a small-boned frame? No = 0 Yes = 4	Have you breast fed at least one child? No = 0 Yes = 1
Are you over 40 years of age? No = 0 Yes = 2	Are you allergic to milk or other dairy products? No = 0 Yes = 3
Are you over 70 years of age? No = 0 Yes = 4	Subtotal for risk factors that can't be controlled
<b>3. Risk Factors That You May Be Able To Control</b>	
Have you ever used anticonvulsants? No = 0 Yes = 2	Have you had stomach or small bowel disease? No = 0 Yes = 4
Have you ever had hyperparathyroidism (excessive secretion of the parathyroid glands), which causes loss of calcium from bones, formation of cysts in bones and kidney stones? No = 0 Yes = 4	Have you had an overactive thyroid gland with symptoms such as fast pulse and heart rate, loss of weight, and "hyped up bodily metabolism"? No = 0 Yes = 4
Have you ever used steroid (cortisone) drugs? No = 0 Yes = 4	Have you ever had liver disease (other than hepatitis)? No = 0 Yes = 3
	Subtotal for risk factors you might be able to control
<b>GRAND TOTAL OF ABOVE SUBTOTAL SCORES</b> →	
Scores 0 to 8	Low Risk – Good nutrition and exercise pay off
Scores 9 to 16	Moderate Risk – Pay close attention to changeable risk factors
Scores 17 and above	High to Very High Risk – Take immediate steps to counteract bone loss

Scores greater than 16 should be followed by your physician for a personal bone-protection program