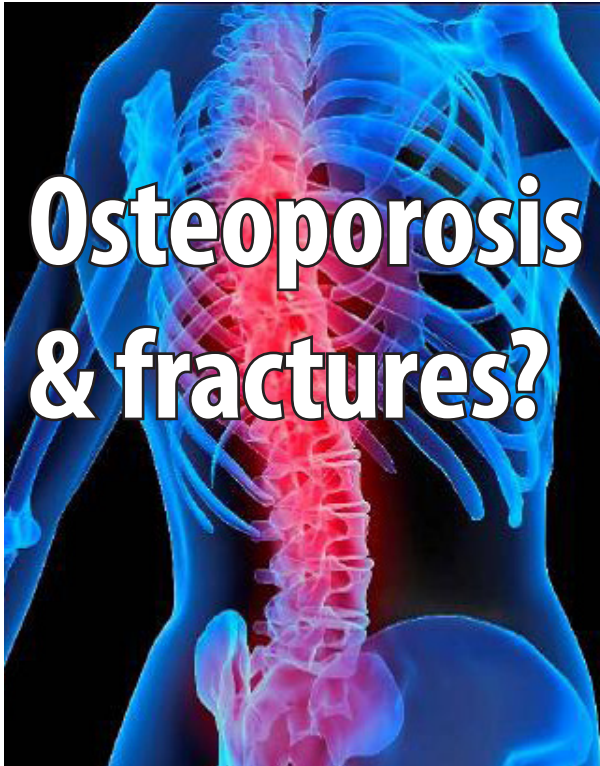


Are you at risk for...



Take this quiz to find out if you should talk to your doctor about osteoporosis and fractures.

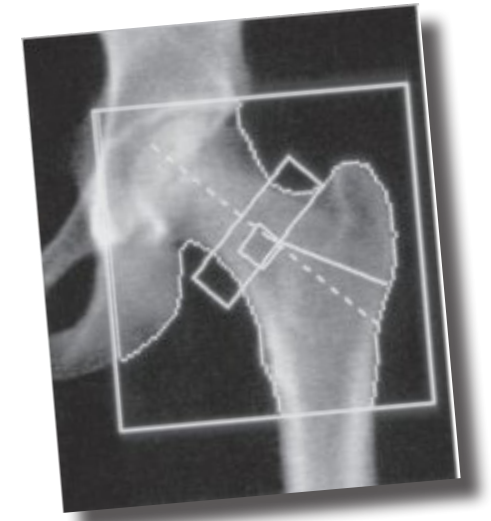
If you are age 50 and over...

1. Are you age 65 and over?
 Yes No
2. Have you broken a bone because of a minor bump or fall after age 40?
 Yes No
3. Have you used glucocorticoid pills (cortisone, prednisone, etc.) for 3 or more months?
 Yes No
4. Has either of your parents suffered from a hip fracture?
 Yes No
5. Have you used aromatase inhibitors or been on androgen deprivation therapy?
 Yes No
6. Has a recent x-ray suggested you have a vertebral fracture or low bone density (osteopenia)?
 Yes No
7. Have you fallen more than twice in the past year?
 Yes No

If you are younger than age 50...

1. Have you broken a bone because of a minor bump or fall?
 Yes No
2. Have you used glucocorticoid pills (cortisone, prednisone, etc.) for 3 or more months?
 Yes No
3. Have you used aromatase inhibitors or been on androgen deprivation therapy?
 Yes No
4. Do you suffer from hypogonadism?
 Yes No
5. If you are a woman, did you undergo menopause before age 45?
 Yes No
6. Do you have a medical condition (such as celiac disease or Crohn's disease) that inhibits absorption of nutrients?
 Yes No
7. Do you have primary hyperparathyroidism?
 Yes No

If you answered "Yes" to any of the previous questions, talk to your doctor about osteoporosis and getting a bone mineral density (BMD) test.



The questions you answered relate to the key risk factors for osteoporosis and fractures. Certain medical conditions can predispose you to rapid bone loss, osteoporosis, and fractures. Other minor risk factors may also lead to loss of bone.

The more risk factors you have, the greater is your likelihood of developing osteoporosis and suffering from a fracture.

Toronto General Hospital

North Building, 7th Floor
Room 7N-719 and 7N-722
585 University Avenue
Toronto, ON M5G 2N2

Princess Margaret Cancer Centre

3rd floor
610 University Avenue
Toronto, ON M5G 2M9

Mount Sinai Hospital

Joseph and Wolf Lebovic Health Complex
Division of Nuclear Medicine
Room 6-201
600 University Avenue
Toronto, ON M5G 1X5

Toronto Western Hospital

1st Floor East Wing Orthopedics Department
(across from accounts payable)
Room 557
399 Bathurst Street
Toronto, ON M5T 2S8

For referrals to the UHN Osteoporosis Clinic,
please call 416-340-4609 or fax to
416-340-3750.



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