# The NEW IOF One-Minute Osteoporosis Risk Test

19 easy questions to help you understand the status of your bone health

## What you cannot change – your family history

1. Have either of your parents been diagnosed with osteoporosis or broken a bone after a minor fall (a fall from standing height or less)?
   - [ ] yes
   - [ ] no

2. Did either of your parents have a “dowager’s hump”?  
   - [ ] yes
   - [ ] no

## Your personal clinical factors

These are fixed risk factors that one is born with or cannot alter. But that is not to say that they should be ignored. It is important to be aware of fixed risks so that steps can be taken to reduce loss of bone mineral.

3. Are you 40 years old or older?  
   - [ ] yes
   - [ ] no

4. Have you ever broken a bone after a minor fall, as an adult?  
   - [ ] yes
   - [ ] no

5. Do you fall frequently (more than once in the last year) or do you have a fear of falling because you are frail?  
   - [ ] yes
   - [ ] no

6. After the age of 40, have you lost more than 3 cm in height (just over 1 inch)?  
   - [ ] yes
   - [ ] no

7. Are you underweight (is your Body Mass Index less than 19 kg/m²)?  (See: “How to calculate you BMI”)
   - [ ] yes
   - [ ] no

8. Have you ever taken corticosteroid tablets (cortisone, prednisone, etc.) for more than 3 consecutive months (corticosteroids are often prescribed for conditions like asthma, rheumatoid arthritis, and some inflammatory diseases)?  
   - [ ] yes
   - [ ] no

9. Have you ever been diagnosed with rheumatoid arthritis?  
   - [ ] yes
   - [ ] no

10. Have you been diagnosed with an over-reactive thyroid or over-reactive parathyroid glands?  
    - [ ] yes
    - [ ] no

   **For women:**

11. For women over 45: Did your menopause occur before the age of 45?  
    - [ ] yes
    - [ ] no

12. Have your periods ever stopped for 12 consecutive months or more (other than because of pregnancy, menopause or hysterectomy)?  
    - [ ] yes
    - [ ] no

   **For men:**

13. Were your ovaries removed before age 50, without you taking Hormone Replacement Therapy?  
    - [ ] yes
    - [ ] no

14. Have you ever suffered from impotence, lack of libido or other symptoms related to low testosterone levels?  
    - [ ] yes
    - [ ] no

## What you can change – your lifestyle factors

Modifiable risk factors which primarily arise because of diet or lifestyle choices.

15. Do you regularly drink alcohol in excess of safe drinking limits (more than 2 units a day)?  (See: “How to estimate your alcohol consumption”)
    - [ ] yes
    - [ ] no

16. Do you currently, or have you ever, smoked cigarettes?  
    - [ ] yes
    - [ ] no

17. Is your daily level of physical activity less than 30 minutes per day (housework, gardening, walking, running etc.)?  
    - [ ] yes
    - [ ] no

18. Do you avoid, or are you allergic to milk or dairy products, without taking any calcium supplements?  
    - [ ] yes
    - [ ] no

19. Do you spend less than 10 minutes per day outdoors (with part of your body exposed to sunlight), without taking vitamin D supplements?  
    - [ ] yes
    - [ ] no

## Understanding your answers:

If you answered “yes” to any of these questions it does not mean that you have osteoporosis. Positive answers simply mean that you have clinically-proven risk factors which may lead to osteoporosis and fractures.

Please show this risk test to your physician or health care professional who may encourage you to have a bone mineral density test (BMD), and who will advise on what treatment, if any, is recommended.

If you have no or few risk factors you should nevertheless discuss your bone health with your physician and monitor your risks in the future. You should also discuss osteoporosis with your family and friends and encourage them to take this test.

You can get more information (and calculate your BMI), and also contact your national osteoporosis society via:

[www.iofbonehealth.org](http://www.iofbonehealth.org)

And don’t forget to give this new IOF One-Minute Osteoporosis Risk Test to your family and friends.
Are you at risk of osteoporosis?
Are you among the one in three women, and the one in five men around the world who will be affected by osteoporosis?

Osteoporosis weakens bones and causes fractures which can result in severe disability.

Take this new IOF One-Minute Osteoporosis Risk Test and find out if you are at risk.