

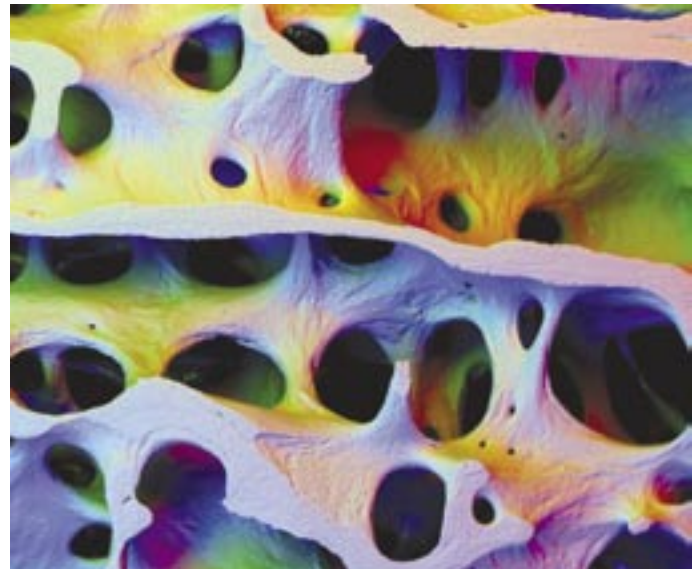
Good dietary sources of Vitamin D include oily fish such as salmon and mackerel, fortified dairy foods or margarine, and egg yolks.

Smoking:
smokers lose bone density more rapidly than non-smokers.

Alcohol drinking:
excess alcohol is a risk factor for osteoporosis.

Treating Osteoporosis:

In addition to lifestyle modifications that are necessary for prevention and treatment of osteoporosis, new therapeutic modalities have been discovered which reduce fracture risk quickly and efficiently. The choice of treatment should be tailored to a patient's specific medical needs and lifestyle.



IOF One- Minute Osteoporosis Risk Test

What you cannot change - your family history

1. Have either of your parents been diagnosed with osteoporosis or broken a bone after 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 19kg/m²)? 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
13. Were your ovaries removed before age 50, without you taking Hormone Replacement Therapy? yes / no

For men:

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)? 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 S supplements? yes / no