

Your Health Matters

SHOULD I HAVE A BONE DENSITY TEST?

If you answer 'yes' to one or more of these questions, you should talk to your doctor about whether you need a bone density test.

	Yes	No
1. I am age 65 or older.	<input type="checkbox"/>	<input type="checkbox"/>
2. I had a bone fracture after age 21.	<input type="checkbox"/>	<input type="checkbox"/>
3. My mother, sister, or grandmother had a fracture after age 21.	<input type="checkbox"/>	<input type="checkbox"/>
4. I am Caucasian.	<input type="checkbox"/>	<input type="checkbox"/>
5. My health is generally poor.	<input type="checkbox"/>	<input type="checkbox"/>
6. I smoke cigarettes.	<input type="checkbox"/>	<input type="checkbox"/>
7. I weigh less than 127 pounds.	<input type="checkbox"/>	<input type="checkbox"/>
8. I had menopause before age 45.	<input type="checkbox"/>	<input type="checkbox"/>
9. There was a time when I didn't have periods for one year.	<input type="checkbox"/>	<input type="checkbox"/>
10. I have had a low calcium intake all my life.	<input type="checkbox"/>	<input type="checkbox"/>
11. I consume more than two alcoholic drinks per day.	<input type="checkbox"/>	<input type="checkbox"/>
12. I have bad vision despite glasses.	<input type="checkbox"/>	<input type="checkbox"/>
13. I tend to have trouble with falling.	<input type="checkbox"/>	<input type="checkbox"/>
14. I get very little exercise.	<input type="checkbox"/>	<input type="checkbox"/>
15. I take one or more of these medicines:	<input type="checkbox"/>	<input type="checkbox"/>
Anti-seizure pills		Hormone blockers
Steroids		Thyroid Pills
16. I have one or more of these medical problems:	<input type="checkbox"/>	<input type="checkbox"/>
Adrenal problems		Anemia
Cancer		Cushings
Diabetes		Emphysema
Endometriosis		Growth hormone
Hemochromatosis		Hemophilia
Kidney problems		Liver disease
Malabsorption		Multiple myeloma
Multiple sclerosis		Nutritional disorder
Ovarian failure		Overactive parathyroid
Overactive thyroid		Sarcoidosis

This information is for educational purposes only and is not intended to replace the advice of your physician or health care provider. We encourage you to discuss with your physician any questions and concerns you may have.