Patient Education Provided by UCSF Medical Center

UCSF Medical Center 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.

1.1 am age 65 or older. □ 2.1 had a bone fracture after age 21. □ 3.My mother, sister, or grandmother had a fracture after age 21. □ 4.1 am Caucasian. □ 5.My health is generally poor. □ 6.1 smoke cigarettes. □ 7.1 weigh less than 127 pounds. □ 8.1 had menopause before age 45. □ 9.There was a time when 1 didn't have periods for one year. □ 10.1 have had a low calcium intake all my life. □ 11.1 consume more than two alcoholic drinks per day. □ 12.1 have bad vision despite glasses. □ 13.1 tend to have trouble with falling. □ 14.1 get very little exercise. □ 15.1 take one or more of these medical problems: □ Anti-seizure pills Hormone blockers Steroids Thyroid Pills 16.1 have one or more of these medical problems: □ Diabetes Emphysema Endometriosis Growth hormone Hemochromatosis Hemophilia Kidney problems Liver disease Malabsorption Multiple myeloma Multiple sclerosis			Yes	No	
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	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.