



KNOW YOUR FRACTURE RISK

Osteoporosis Canada recommends that **anyone over the age of 50** be assessed for risk factors for osteoporosis and fracture.

I am 65 or older

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Yes No

I have suffered a broken bone from a simple fall after 40

Yes No

My mother or father fractured a hip

Yes No

I have used glucocorticoids in over three months in the last year

Yes No

I have a tendency to fall or lose my balance

Yes No

I have lost more than 2 cm in height over the last two years

Yes No

If you answer yes to any one of these questions, talk to your doctor to see if you need a bone mineral density test and about doing a comprehensive fracture risk assessment.

* This is a selected list of risk factors. Ask your doctor about other risk factors for osteoporosis and fracture.