

5 STEPS TO BONE HEALTH



Now that you've completed the Bone Health Checkup, start protecting your bones today by following these five steps:

- 1 Get the calcium and vitamin D you need every day.
- 2 Do regular weight-bearing and muscle-strengthening exercises.
- 3 Don't smoke and don't drink too much alcohol.
- 4 Talk to your healthcare provider about your chance of getting osteoporosis, and ask when you should have a bone density test.
- 5 Take an osteoporosis medicine when it's right for you.

BHOF
Bone Health & Osteoporosis
FOUNDATION™

THE BONE HEALTH AND OSTEOPOROSIS FOUNDATION WANTS TO KNOW...

ARE YOU AT RISK FOR OSTEOPOROSIS?

Complete our *Bone Health Checkup* to learn about your chance of getting osteoporosis, a disease that causes the bones to become weak and more likely to break.

The more times you answer "yes," the greater your risk of getting osteoporosis. Take this card with you to your next medical appointment and talk to your healthcare provider about what you can do to protect your bones.

Bone Health and Osteoporosis Foundation
1 (800) 231-4222
www.bonehealthandosteoporosis.org

Yes No

- Is your calcium intake low? (e.g., Do you eat less than three servings of dairy products or calcium-fortified foods per day without taking a calcium supplement?)
- Is your vitamin D intake low? (e.g., Do you eat few, if any, sources of vitamin D like milk and fish, without taking a vitamin D supplement?)
- Do you perform less than 2.5 hours of weight-bearing or endurance exercise per week? (e.g., brisk walking, taking aerobics classes, playing tennis, dancing and hiking)
- Do you perform muscle-strengthening or resistance exercise less than twice a week? (e.g., lifting weights or gardening)
- Do you smoke cigarettes?
- Do you consume more than two alcoholic drinks per day?
- Are you age 50 or older?
- Are you a postmenopausal woman?
- If yes, did you go through menopause before age 45?
- Did either of your parents have osteoporosis?
- Are you small and thin?
- Have you broken a bone after the age of 50?
- Have you lost an inch or more in height?
- Is your spine curving forward?

Yes No

- Have you ever taken medicines* that can lead to osteoporosis, such as:
 - Aluminum-containing antacids
 - Antiseizure medicines such as Dilantin® or phenobarbital
 - Cancer chemotherapeutic medicines
 - Medroxyprogesterone acetate (Depo-Provera®)
 - Proton Pump Inhibitors (PPIs) such as Nexium®, Prevacid® and Prilosec®
 - Selective serotonin reuptake inhibitors (SSRIs) such as Lexapro®, Prozac® and Zoloft®
 - Steroids (glucocorticoids) such as cortisone and prednisone (≥5 mg for ≥3 months)
 - Thyroid hormones (in excess)
- Have you ever been diagnosed with a medical condition* that can lead to osteoporosis, such as:
 - Breast cancer
 - Diabetes
 - Eating disorders (e.g., anorexia nervosa)
 - Hyperparathyroidism
 - Hyperthyroidism
 - Lupus
 - Malabsorption syndromes (e.g., celiac disease)
 - Prostate cancer
 - Rheumatoid arthritis

**These are some of the medicines and medical conditions that can cause osteoporosis. For a more complete list, visit www.bonehealthandosteoporosis.org*