



## *Osteoporosis Risk Factors*

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OSTEOPOROSIS... a silent disease

You may have had it for years and won't find out until you break a bone.

Osteoporosis is a disorder that gradually weakens bones, so they become more and more fragile and likely to break. Osteoporosis currently effects 20 million Americans, and health care costs in hip-related fractures alone is estimated between \$6-\$10 billion dollars annually. The path to osteoporosis begins at puberty, with the primary goals for prevention being, early recognition, and achieving peak bone mass prior to age 50.

### **ARE YOU AT RISK???**

The more risk factors that you can identify the higher you are at risk for decreased bone mass. Talk to your doctor today about being evaluated further for osteoporosis.

### **Risk Factors**

Race: Caucasian or Asian

Previous hysterectomy

Female

Premature ovarian failure

Family history

Irregular periods

Menopause

Eating disorders

Increase in age Height loss

Small frame

Prior fractures

Back pain

Scoliosis

Low body weight

Chronic renal failure

Low calcium intake

Gastrectomy or bypass

Low vitamin D intake

Malabsorption syndromes

Caffeine, more than 3 cups a day

Multiple myeloma

Excessive carbonated beverages

Diabetes

High protein diet

Hyperparathyroidism

High fiber diet

Hyperthyroidism

Lactose intolerant

Hypogonadism

Alcoholism

Rheumatoid arthritis

Smoking Medications

Inadequate exercise

Anticonvulsants

Estrogen deficiency

Thyroid extracts-long term

Late menarche

Steroids-long term

Exercise induced amenorrhea

Chemotherapeutic agents

## Other Osteoporosis Facts

- Women with two or more fractures are nine times more likely to experience future fractures compared with women with no previous fractures.
- Bone loss is inevitable and part of the normal aging process.  
Spine loss—age 40—menopause 5% yr  
1-8 yrs postmenopausal 3-2% yr  
Hip loss—1-2% yr from age 30
- Only 30-50% of ingested calcium is absorbed by adults and 75% by children.
- Eating disorders increase the risk of faster bone loss.
- Younger women with scoliosis should be regarded as being at greater risk for osteoporosis.
- Osteoporosis causes back pain and disfigurement.
- Excess intake of calcium (>2000) may inhibit the bone remodeling cycle.
- Alcohol, caffeine consumption, as well as cigarette smoking can contribute significantly to bone loss.