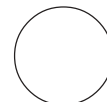


**Are you at risk for Osteoporosis?
Take this Quiz and find out.**

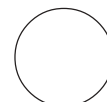
- Are you female?
- Are you Caucasian or Asian?
- Do you have a fair complexion?
- Are you slender and weigh less than 125 pounds?
- Have any of your relatives suffered a broken hip or shoulder when they were older than 45 years of age?
- Have your relatives lost height as they grew older?
-

For each box you checked, give yourself 2 points and write the total in the circle.



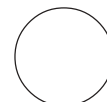
- Do you avoid eating and drinking dairy products?
- Do you exercise infrequently or not at all?
- Do you drink 5 or more cups of coffee, tea or soda each day?
- Do you smoke one or more packs of cigarettes each day?
- Do you drink more than 2 ounces of alcohol each day?
- Do you have gum disease or excessive tooth decay?
-

For each box you checked, give yourself 1 point and write the total in the circle.



- Do you have thyroid problems, epilepsy, rheumatoid arthritis, insulin-dependent diabetes melitus or chronic liver problems?
- Have you taken corticosteroids for a prolonged period?
- Have your menstrual periods stopped (naturally or surgically), become infrequent, or, if menopausal, have you avoided taking female hormones (estrogen)?
-

For each box you checked, give yourself 3 points and write the total in the circle.



Add up the numbers in the circles. If the total is more that 12, you are at risk for osteoporosis. The higher the number, the greater the risk.

Please discuss your results with your doctor to determine if you should schedule a non-invasive DEXA Bone Density scan.