

## RISK FACTORS FOR OSTEOPOROSIS

|   |           |
|---|-----------|
| Full Name:  |           |
| Birth Date  |           |
| <i>Please circle the appropriate answer for each question.</i>                              |           |
| 1. Gender   | F/M       |
| 2. Have you ever sustained a fracture as an adult (other than in a motor vehicle accident)? | YES/NO    |
| If yes, please indicate skeletal site and age when fracture occurred.                       |           |
| 3. Do any of your close relatives suffer from osteoporosis?                                 | YES/NO    |
| 4. Do you smoke?  | YES/NO    |
| 5. If you are a woman, do you weigh less than 127 pounds?                                   | YES/NO    |
| 6. Have you gone through menopause?   | YES/NO/NA |
| If yes, did it occur before age 45?   |           |
| 7. Is your diet low or lacking in calcium?  | YES/NO    |
| 8. Is your diet low or lacking in Vitamin D?  | YES/NO    |
| 9. Is your diet high in caffeinated drinks?   | YES/NO    |
| 10. Is your diet high in alcoholic beverages?   | YES/NO    |
| 11. Do you exercise less than three times a week?   | YES/NO    |
| 12. Have you ever taken any of the following medications?                                   |           |
| Thyroid medications   | YES/NO    |
| Dilantin  | YES/NO    |
| Cortisone/Prednisone  | YES/NO    |
| Chemotherapy  | YES/NO    |
| Heparin   | YES/NO    |
| 13. Are you currently taking any of the following medications?                              |           |
| Calcium   | YES/NO    |
| HRT (ERT)   | YES/NO    |
| Biphosphonates  | YES/NO    |
| SERMs   | YES/NO    |
| Calcitonin  | YES/NO    |

Please note that:

A "YES" answer to at least one of questions 2 to 11 indicates an increased risk of fracture.

The medications listed in question 12 are known to have a negative effect on bone, therefore use of one of these medications increases the risk of fracture.

The medications listed in question 13 are known to have a positive effect on bone, therefore use of one of these medications decreases the risk of fracture.

Compiled from risk factors information from the International Osteoporosis Foundation ([http://www.osteofound.org/osteoporosis/risk\\_test.html](http://www.osteofound.org/osteoporosis/risk_test.html)), the US National Osteoporosis Foundation (<http://www.nof.org/prevention/risk.htm>), and the UK National Osteoporosis Society (<http://www.nos.org.uk/osteo2.asp>).

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