



Self-Test: What is your risk for Osteoporosis?

Choose the item in each category that best describes you, and fill in the point value for that item in the space to the right. You may choose more than one item in categories marked with an asterisk.

	POINTS	SCORE
Frame Size		
Small-boned or petite	10	
Medium frame, very lean	5	
Medium frame, average, or heavy build	0	
Large frame, very lean	5	
Large frame, heavy build	0	
Ethnic Background		
Caucasian	10	
Asian	10	
Other	0	
Activity Level: <i>How often do you walk briskly, jog, engage in aerobics/sports, or perform hard physical labor, of a duration of at least 30 continuous minutes?</i>		
Seldom	30	
1-2 times per week	20	
3-4 times per week	5	
5 or more times per week	0	
Smoking		
Smoke 10+ cigarettes a day	20	
Smoke fewer than 10 cigarettes a day	10	
Used to smoke, but have now quit	5	
Never smoked	0	
Personal Health Factors* (you may choose more than one)		
Family history of osteoporosis or osteopenia	20	
Long-term corticosteroids use (prednisone, cortisone, etc.)	20	
Long-term anticonvulsant use	20	
Drink more than 3 glasses of alcohol each week	20	
Drink more than 1 cup of coffee per day	10	
Seldom get outside in the sunlight	10	
For Women Only* (you may choose more than one)		
Had ovaries removed	10	
Premature Menopause	10	
Had no children	10	
Dietary Factors* (you may choose more than one)		
Consume more than 4 oz. of meat on a daily basis	20	
Drink soft drinks regularly (diet or regular)	20	
Consume 3-5 servings of vegetables a day	-10	
Consume at least 1 cup of leafy green vegetables a day	-10	
Take a calcium supplement	-10	
Consume a vegetarian diet	-10	

Total Score: _____

Results: 0-20: mild risk, 20-50: moderate risk, 50+: high risk

Source: Encyclopedia of Natural Medicine, Pizzorno and Murray, 1998