

Bone Loss Quiz

	NO	YES
Are you of Caucasian or Asian heritage?		
Are you thin or have a small body frame?		
Are you over the age of 30?		
Is there a member of your family who has broken a bone as an adult?		
Is your diet low in dairy foods or other sources of calcium?		
Is your diet low in fruits and vegetables?		
Do you drink more than 3 soft drinks per day?		
Are you physically inactive?		
Do you smoke cigarettes?		
Do you drink more than 5 alcoholic drinks per week?		
Do you ever consume more than 5 or more drinks at one time?		
Do you have family members who have osteoporosis?		
Do you regularly skip meals or consume less than 2,000 calories?		
Do you take medications that are known to contribute to bone loss?		
Do you have an absence of menstrual cycles?		
Do you drink more than 3 cups of coffee or equivalent per day?		

The more you answered YES to these questions, the greater your risk for developing osteoporosis.