



ACCOUNT # _____	DATE _____
PATIENT NAME _____	

### Osteoporosis Questionnaire

The following is a questionnaire designed to identify those at risk for osteoporosis. We have the capability of testing for osteoporosis in the facility. If you are being treated for osteoporosis you do not to fill this form out.

If you are currently being treated for osteoporosis, when was your last bone density exam performed? \_\_\_\_\_

Please circle **YES** or **NO** for each question.

- |            |           |   |
|------------|-----------|---|
| <b>YES</b> | <b>NO</b> | Are you a female over the age of 65 or a male over 70?<br>(CODE V82.81)   |
| <b>YES</b> | <b>NO</b> | Have you sustained a fracture since the age of 50?<br>(CODE 733.90)   |
| <b>YES</b> | <b>NO</b> | Have you taken or will you be taking steroids, such as prednisone, for longer than 3 months?<br>(CODE 733.09)   |
| <b>YES</b> | <b>NO</b> | If you are a Caucasian female and you have already went through menopause, either naturally or surgically, do you have any of the following risk factors? (please circle those that apply)<br>(CODE 733.01) |

#### Risk Factors

- History of a first degree relative (mother/father/brother/sister) who sustained a fracture due to weak bones
- Weigh less than 127 pounds
- Current smoker
- Impaired vision despite attempted correction
- Low estrogen before the age of 45 from early menopause or hysterectomy or from long periods of time between you menstrual periods (longer than 3 months at a time)
- Dementia such as Alzheimer disease
- Poor health in general/ frailty
- Frequent falls
- Life long low calcium intake
- Low activity level a sedentary lifestyle
- Alcohol intake in excess of 2 drinks per day
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- |            |           |   |
|------------|-----------|---|
| <b>YES</b> | <b>NO</b> | If you are a female over the age of 45 or a male over the age of 60, do you have two or more of the above risk factors? (Please circle those that apply)<br>(CODE V82.81) |
|------------|-----------|---|

If you circled a **YES** then you are at risk for osteoporosis. Osteoporosis is easily treated today. Sadly, most people are not diagnosed until they have sustained a life altering fracture. Our goal is to diagnose osteoporosis early and prevent a fracture later; much in the same way we treat high blood pressure early to prevent a stroke or heart attack later. We recommend strongly that you get tested. The receptionist can help you schedule a test. It is quick, easy, and painless.