Osteoporosis Canada recommends that **anyone over the age of 50** be assessed for risk factors for osteoporosis and fracture.

### I am 65 or older

- [ ] Yes
- [ ] No

### I have suffered a broken bone from a simple fall after 40

- [ ] Yes
- [ ] No

### My mother or father fractured a hip

- [ ] Yes
- [ ] No

### I have used glucocorticoids in over three months in the last year

- [ ] Yes
- [ ] No

### I have a tendency to fall or lose my balance

- [ ] Yes
- [ ] No

### I have lost more than 2 cm in height over the last two years

- [ ] Yes
- [ ] No

**If you answer yes to any one of these questions,**
talk to your doctor to see if you need a bone mineral density test and about doing a comprehensive fracture risk assessment.

Visit TheBiotechnologist.ca to learn more.

* This is a selected list of risk factors. Ask your doctor about other risk factors for osteoporosis and fracture.