Find out whether any of these common risk factors for osteoporosis and fractures could apply to you.

- Older than 60?
- Broken a bone after age 50?
- Getting shorter?
- Parental history?
- Frequent falls?
- Glucocorticoid treatment?
- Rheumatoid arthritis?
- Diabetes?
- Hyperthyroid or hyperparathyroid?
- Digestive diseases?
- Breast or prostate cancer therapy?
- Low testosterone levels?
- Early menopause, periods stopped?
- Ovaries removed?
- Underweight?
- Getting enough sunlight?
- Little physical activity?
- Avoiding dairy foods?
- Too much alcohol intake?
- Smoker?

⚠️ Don’t let osteoporosis affect you! If you are at risk, talk to your doctor. ⚠️

https://riskcheck.osteoporosis.foundation/