

## Checklist: Osteoporosis

**Check for the following risk factors for osteoporosis:**

- Malnutrition or malabsorption (an intestinal defect in absorbing nutrients)
- Small and thin
- Old age
- Hormone disorders, especially those of calcium metabolism
- Family History
- Menopause
- Taking steroids and/or antiepileptics
- Low bone mass (Osteopenia)
- White or Asian Woman
- History of fractures not related to trauma
- Neuromuscular condition with limited independent mobility with inability to walk







**Check to see whether this person had a bone density test.**

A bone mineral density (BMD) test is the best way to check bone health. This test should be done periodically as part of routine medical care for women over 50 and for any other individual who has any of the risk factors for osteoporosis listed above.

**Check to see whether she or he has been diagnosed as having osteoporosis or osteopenia.**

Osteoporosis is a bone disease due to decreased bone mineral density which is the amount of mineral – mostly calcium – deposited in the bones.

	<input type="checkbox"/> <b>Check to see whether this person is being treated with calcium and Vitamin D.</b>	<p>Intake of calcium and Vitamin D in adulthood can delay the onset of osteoporosis. Calcium and Vitamin D supplements are needed by almost everyone but the most avid milk drinker and sunbather. For persons over 65 years, the recommended calcium intake is 1500 mg per day, and Vitamin D is 400-600 Units per day. (For persons with osteoporosis or who are at risk for osteoporosis, the physician may recommend higher amounts.)</p>
	<input type="checkbox"/> <b>Check to see whether the home environment minimizes the risk of falls and fractures.</b>	<p>Falls often occur when people trip over loose rugs or objects on the floor, or when they wear loose-fitting foot gear such as sandals or flip-flops. Falls also occur when a person uses a cane or walker improperly. A Life Alert System may be useful for a person at risk for falls and fractures.</p>
	<input type="checkbox"/> <b>Check to see whether she or he gets regular weight-bearing exercise daily.</b>	<p>Regular weight-bearing exercise such as walking and raising arms against gravity increases bone strength and tones the muscles used for balance and movement. Exercise decreases bone density loss and the risk of falling.</p>
	<input type="checkbox"/> <b>Check to see whether there is a follow-up medical visit to monitor status such as a repeat bone density test and medication review.</b>	<p>Follow-up medical management is important to determine whether the medications are working, check for side effects, and determine the need for tests such as a repeat BMD test.</p>

*Unclear or concerned about an answer? Please consult with your clinical staff for appropriate follow-up*