

Bone Health Risk Assessment

YES

- Do you have gum disease or excessive tooth decay?
1 POINT
- Do you drink 5 or more cups of coffee or soda each day?
1 POINT
- Do you smoke one or more packs of cigarettes each day?
1 POINT
- Do you drink more than 2 ounces of alcohol each day?
1 POINT
- Do you lead an inactive lifestyle?
1 POINT
- Do you avoid milk and dairy products?
1 POINT
- Are you female?
2 POINTS
- Are you Caucasian or Asian?
2 POINTS
- Do you have a fair complexion?
2 POINTS
- Are you slender?
2 POINTS
- Have any relatives suffered broken hips or shoulders after age 45?
2 POINTS
- Have relatives lost height as they have aged?
2 POINTS
- Do you have thyroid problems, epilepsy, arthritis, diabetes or chronic liver problems?
3 POINTS
- Have you taken corticosteroids (such as prednisone or cortisone) for prolonged periods?
3 POINTS
- Are your periods irregular or are you menopausal?
3 POINTS

TOTAL SCORE

**If score totals 12 or more,
you are at risk for osteoporosis.
The higher the score the greater the risk.**

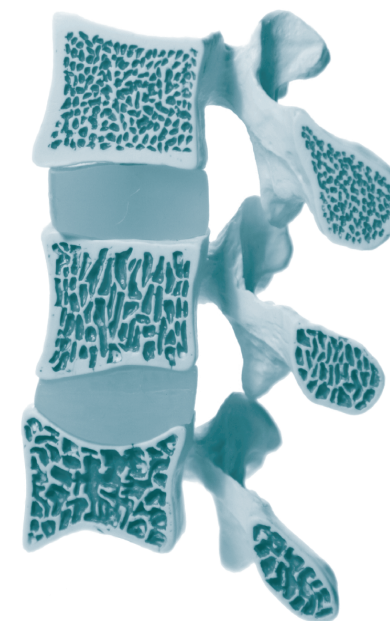
RETURN SERVICE REQUESTED

Methodist
Wellmobile
Atrium Building
900 Main Street
Peoria, Illinois 61602

Non-Profit Org.
U.S. POSTAGE
PAID
PEORIA, IL
Permit No. 760



Heel Scan



Methodist
Wellmobile

What is osteoporosis?

- Osteoporosis is a condition that causes bones to become weak and brittle.

What are the risk factors for osteoporosis?

- Women over 50 years of age are at risk of developing osteoporosis.
- Women with a small body frame, a family history of osteoporosis.
- Women who have reached menopause.
- Women whose diet is low in calcium.
- Women who lead an inactive lifestyle..

How can osteoporosis be prevented?

- Increasing calcium intake to 1,200 mg a day and vitamin D intake to 400 - 800 IU per day, as well as exercising for a minimum of 30 minutes per day can help reduce the risk of osteoporosis.

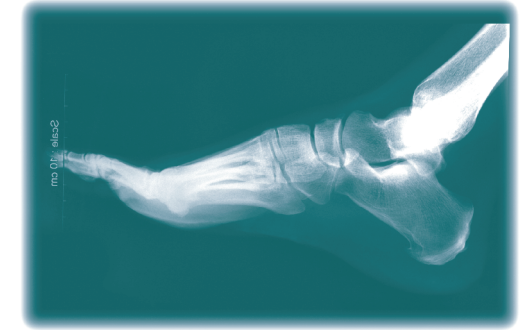


What is a heel scan?

- A heel scan is a safe, radiation-free test used to identify individuals at risk for osteoporosis.

What does a heel scan measure?

- A heel scan measures an individual's bone mass in comparison to the peak female bone mass (that of a woman in her twenties). This bone mass is called a T Score.
- T Scores greater than zero are considered normal.
- A T Score of zero to negative one indicates a mild loss of bone density.
- A score less than negative one indicates an individual has a low bone density and is at risk for osteoporosis.



What should be done if T Score indicates a risk of osteoporosis?

- A heel scan is simply a screening and not a diagnosis.
- If T Score results indicate a risk for osteoporosis, consult a primary care physician.
- Based on health history, a physician may recommend a diagnostic bone density or DEXA scan.

For more information visit: www.mymethodist.net

For upcoming Wellmobile Screenings, visit the events calendar at www.mymethodist.net

T Score Scale



High **-1.0** Moderate **0.0** Low

Risk of Osteoporosis

Methodist
Wellmobile

