

Osteoporosis- Are you at risk?

Osteoporosis Australia one-minute risk test.

1. Have either of your parents broken a hip after a minor bump or fall? [] Yes [] No
2. Have you broken a bone after a minor bump or fall? [] Yes [] No
3. For women: Did you undergo menopause before the age of 45? [] Yes [] No
4. For women: Have your periods stopped for 12 months or more?
(other than for pregnancy) [] Yes [] No
5. For men: Have you ever suffered from impotence, lack of libido
or other symptoms related to low testosterone levels? [] Yes [] No
6. Have you ever taken corticosteroid tablets (cortisone, prednisone, etc)
for more than three months? [] Yes [] No
7. Have you lost more than 5cm (2 inches) in height? [] Yes [] No
8. Do you regularly drink alcohol heavily
(in excess of safe drinking limits)? [] Yes [] No
9. Do you smoke more than 20 cigarettes a day? [] Yes [] No
10. Do you suffer frequently from diarrhea (caused by problems such
as celiac Disease or Crohn's Disease)? [] Yes [] No

*** If you answered yes to any of these questions, you may
be at risk of developing osteoporosis and should consult your doctor.**

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