

Your Name & Phone Number Here!

Health Risk Appraisal

Osteoporosis Risk Profile



Osteoporosis is a condition, which affects an individual's bones by increasing the porosity, or density of the bone. The condition is also known as "brittle bone" disease. More than 1.5 million osteoporosis fractures occur each year. It is estimated that more than 70% of the fractures that occur beyond the age of 45 are related to osteoporosis. Most cases of osteoporosis are associated with postmenopausal women.

While the disease is usually associated with normal aging, we now know that the disease can actually begin at about 40 years of age and primarily affects females. Poor nutrition and inactivity are the primary factors associated with the onset of clinical symptoms.



Intervention Factors

- ** Changes in your nutrition habits will help lower your risk.
- ** You should increase your exercise level to a minimum of 3 days per week for at least 20 minutes. Ask your provider for specific information.
- ** Because you are over the age of 40 you should consider osteoporosis screening from your physician.