

# Risk Factors for Osteoporosis

	Yes	No
Aging	_____	_____
Female	_____	_____
Menopausal	_____	_____
Early or surgical menopause	_____	_____
Caucasian Heritage	_____	_____
Small Physical Make-up	_____	_____
Previous Family history	_____	_____
High Alcohol and/or caffeine consumption	_____	_____
Smoker	_____	_____
Excessive Physical activity	_____	_____
Sedentary Life Style	_____	_____
High red meat consumption	_____	_____
High salt consumption	_____	_____
Severe Eating disorders	_____	_____
Digestive track disorders	_____	_____
Liver and Kidney diseases	_____	_____
Parathyroid disease	_____	_____

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## How do I measure up?

Tallest Height: \_\_\_\_\_ Current Height: \_\_\_\_\_

### Bone Mineral Density Test (DEXA Scan):

Test that identifies decreases in bone density before a broken bone happens. It determines the risk of fractures and monitors treatment. The higher your bone mineral content, the denser your bones are. And the denser your bones, the stronger they generally are and the less likely they are to break.

T-score: Compares bone density with average healthy female adult

	Date:	Date:	Date:	Date:
	Previous Results	Previous Results	Present Results	Future Results
Lumbar Spine				
Left Femoral Neck				
Left Total Hip				

Z-score: Compares bone density with female of same age

	Date:	Date:	Date:	Date:
	Previous Results	Previous Results	Present Results	Future Results
Lumbar Spine				
Left Femoral Neck				
Left Total Hip				

Normal : 0 to -1

Osteopenia: -1 to -2.5

Osteoporosis: below 2.5

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## ▪ Calcium Depleting Drugs

- **Steroids, Anti-inflammatory Medications Inhalants, Topical:** Dexamethasone (Decadron), Prednisone, Triamcinolone (Aristocort), Hydrocortisone, Solucortef, Methylprednisolone (Medrol), Celsestone, Deltasone, Beclomethasone (Beconase-AQ Inhaler), Budesonide, Fluticasone, Mometasone, Furoate
- **Ulcer medications that deplete calcium:**
  - **Antacids:** those containing Aluminum  
AlternatGel, Aludrox, Amphojel, Basaljel, Camalox, Delcid, Di-gel, Gaviscon, Gelusil, Kolantyl, Maalox, Riopan, Rolaid, Silain Gel, Simeco
- **Ulcer Medications that do not deplete calcium:**
  - **Histamine H2 Antagonists:** Cimetidine (Tagamet), Famotidine (Pepcid), Nizatidine (Axid), Ranitidine Bismuth Citrate (Tritec),  
Ranitidine Hydrochloride (Zantac)
- **Antacids not containing aluminum:** Alka Seltzer, Alkets, Bi Sol, Citrocarbonate, Lo-Sal, Myicon, Titalac, Tums,
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- **Diuretics: Causes the loss of calcium in urine**  
Diuril, Dyazide, Corzide, Diamox, Hydrodiuril, Aldoril, Aldocar, Hydropres, Aldactazide, Aprezadie, Aldoclor, Hyprores, Naturetin, and Lasix,
- **Anticonvulsants:** Dilantin, Phenobarbital, Promidone and Phensuximide
- **Antibiotics:** Gentamicin, Neomycin, Tobramycin, Tetracycline
- **Miscellaneous Meds:**
  - Anti-tubercular : Isoniazid, Seromycin, Capastat
  - Some anticancer agents
  - Cholesterol lowering med: Questran
  - Gout med: Benemid and ColBenemid
  - Psychiatric med: Doriden and lithium
  - Acne med: Accutane
  - Long acting term use of sedatives
- **Drugs for Osteoporosis prevention:** bisphosphonate drug, Fosamax
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- This is not a complete list, please check with your physician regarding your medications and calcium interactions.