



Are You at Risk for a Fracture?

Your bones are the foundation of your body, supporting your movement, protecting vital organs, and storing essential nutrients. Over time, bones naturally lose density, making them more prone to fractures (or broken bones) and conditions like osteoporosis. By understanding your risk and staying proactive, you can strengthen your bones and reduce your risk of future complications.

Check the Risk Factors That Apply to You

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| ☐ 50 years of age or older | ☐ Parental history of hip fracture |
| ☐ Weigh less than 127 pounds (or BMI less than 18) | ☐ Prescribed glucocorticoid therapy (≥ 5 mg of prednisone per day for three months or more) |
| ☐ Personal history of fracture <ul style="list-style-type: none">☐ Spine fracture☐ Hip fracture☐ Other fracture (except toes, fingers, nose, skull) | ☐ Consume two or more alcoholic drinks per day |
| ☐ Smoking history | ☐ Suffered from two or more falls in last 12 months |

Medical History

- | | |
|--|--|
| ☐ Asthma/COPD | ☐ Malabsorption |
| ☐ Breast/prostate cancer | ☐ Menopause (before 45 years old) |
| ☐ Chronic liver or kidney disease | ☐ Osteopenia |
| ☐ Diabetes | ☐ Osteoporosis |
| ☐ Hyperthyroidism | ☐ Rheumatoid arthritis |

If you checked three or more boxes, you may be at risk for a bone fracture. Scan the QR code below to schedule an appointment today with a Loyola bone health specialist.

Schedule an Appointment

When prompted to choose what body part you are seeking care for, please select **Bone Health (Fracture Prevention)** from the drop down menu.



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