

Risk Assessment Inventory: Osteoporosis

The following risk factors may be indicators of existing or developing problems. These should be considered by the service coordinator, service provider, and other Team members when assessing and planning for risk mitigation. Referrals for further evaluation by clinicians or the regional center's Clinical Team may be needed to diagnose a specific condition or otherwise address consumer risk. ***This inventory is not intended to take the place of a professional diagnosis conducted according to accepted standards of clinical practice.***

Personal Risk Factors

Check if Present	Risk Factor
	Long term use of high dose corticosteroids
	Heavy smoking (or passive smoking)
	Heavy drinking
	Immobility
	Lack of sunshine
	Low calcium intake
	Other diseases
	Family history of osteoporosis or fractures
	Fracture after a minor bump or fall
	Loss of height
	Back pain
	<i>In women:</i> Early menopause (before 45 years old)
	Early hysterectomy (before normal menopause age of 50)
	Irregular or infrequent periods during your lifetime

Consumer: _____ Date _____