

# HOW DENSE ARE YOU?

## First things first

If you don't get enough calcium or are low in vitamin D or rarely/never exercise, you should consider the health of your bones! If you have concerns speak to your doctor.

Does anything on this list apply to YOU?	YES	NO
Family history of osteoporosis (or broken hip)		
Recently had a broken bone from a minor bump or fall		
Coeliac disease		
Rheumatoid arthritis		
Taking steroid drugs for longer than 3 months (common for asthma)		
For <b>women</b> : early menopause		
For <b>men</b> : low testosterone levels		
Overactive thyroid or parathyroid conditions		
Treatment for breast cancer or prostate cancer		
You noticed you've lost height (3 cm or more)		

**IF YOU ARE OVER 50 AND ANSWERED YES TO ANY OF THESE QUESTIONS, TALK TO YOUR DOCTOR ABOUT YOUR BONE HEALTH. YOU MAY NEED A BONE DENSITY SCAN.**

Your bone health is important at any age.  
If you have concerns or questions speak to your doctor.