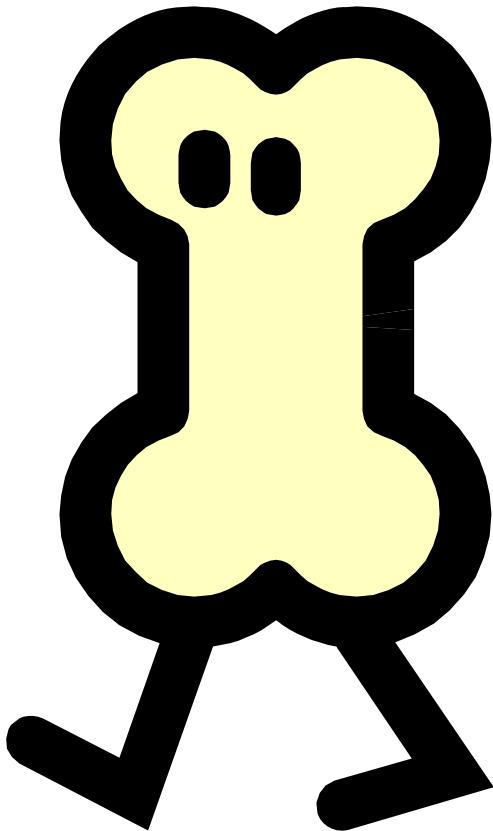


Wellness Institute ... Keeping you healthier

Determine your risk for osteoporosis:



	Yes	No
Do you have a small thin frame:	<input type="checkbox"/>	<input type="checkbox"/>
Are you Asian or Caucasian	<input type="checkbox"/>	<input type="checkbox"/>
Have you or a member of your Immediate family broken a bone	<input type="checkbox"/>	<input type="checkbox"/>
Are you a postmenopausal woman	<input type="checkbox"/>	<input type="checkbox"/>
Have you had an early or surgically-Induced menopause	<input type="checkbox"/>	<input type="checkbox"/>
Have you taken high doses of thyroid medication or steroids such as prednisone > 3 mos	<input type="checkbox"/>	<input type="checkbox"/>
Have you taken chemotherapy or Immunosuppressive medications	<input type="checkbox"/>	<input type="checkbox"/>
Is your diet low in dairy products Or other calcium foods	<input type="checkbox"/>	<input type="checkbox"/>
Are you physically inactive	<input type="checkbox"/>	<input type="checkbox"/>
Have you been a smoker	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink alcohol > 2 drinks daily	<input type="checkbox"/>	<input type="checkbox"/>

The more times you answered yes, the greater your risk for developing osteoporosis which can increase your risk of fracture.

Adapted from the National Osteoporosis Foundation guidelines

Other risk factors for fracture may include a history of falling, balance problems, and medications that make you lightheaded or dizzy.

Wellness Institute services for Osteoporosis were established in 1997 and serve New York and New Jersey

Osteoporosis Initiative is a Wellness Institute, Inc. program that brings educational and screening services to various sites. This program is widely recognized to provide state of the art technology using board certified medical staff who specialize in nutrition and osteoporosis evaluations. Your results are provided to you and to your family doctor.

Contact Wellness Institute for services at your work site, senior center, or organization.
mharnett@wellnessinstituteny.com or call 800-609-2198 in NY 845-638-4574