

**ACCESS SPORTS MEDICINE & ORTHOPAEDICS
OSTEOPOROSIS SCREENING PROGRAM**

Name _____ **Date of Birth** _____

Osteoporosis is an increasingly common problem. People with osteoporosis are at significantly increased risk for fractures (broken bones), but this risk can be reduced if the condition is appropriately detected and treated.

The most common **risk factors** for osteoporosis are below. If you fall into any of these groups, we **highly recommend** being tested for osteoporosis.

- **Any adult who has broken a bone as a result of a minor trauma** (such as a simple fall) **since the age of 40**
- **Any female who has broken a bone since menopause**
- **Postmenopausal females, especially** if other risk factors are present, such as:
 - age greater than 65
 - low body weight (less than 127 lbs.)
 - family history of osteoporosis
 - current smoking
- Any adult with a history of **“steroid” medication use** (such as prednisone) for **over 3 months**.
- Any adult with a history of **organ transplant** or who is awaiting transplant

Testing is **not necessary** if you have already been tested within the past 2 years.

Testing involves scheduling a separate appointment for a DEXA scan, at which time you will also meet with one of our providers to discuss your results, review your risk factors and possibly initiate treatment.

Based on these recommendations, would you like to schedule a DEXA scan (bone mineral density test)?	YES NO
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