

TABLE E-1 Questionnaire Risk Factors and Responses

Questionnaire Risk Factors	No. of Patients with Factor (Total N = 158)	P Value for T-Score of -2.5 or Less	P Value for T-Score of -2.0 or Less
Personal history of fracture as an adult	47	0.713	0.081
History of fracture in a parent or sibling	21	0.754	0.84
Caucasian or Asian race	146	1	1
Poor health/frailty	16	0.726	0.365
Current or past tobacco use	39	0.82	0.31
Hypogonadism	4	0.511	0.277
Low body weight	4	0.015	0.059
Loss of $\geq 1.5$ inches ( $\geq 3.81$ cm) in height	27	0.019	<0.001
History of anorexia, bulimia, other	0	1	1
Lifelong history of low calcium or Vitamin D in the diet	1	0.168	0.265
2 or more hard liquor drinks or 3 or more beers per day	5	1	1
Impaired eyesight or poor depth perception, despite correction	19	0.515	1
Frequent imbalance or falls	13	0.228	0.324
Parkinson's disease or medicine use for depression	7	1	0.677
Use of insulin for diabetes for 10+ years	6	0.59	0.34
On feet <4 hours/day	38	0.554	0.364
Exercise <3 times/week	79	0.186	0.136
Excessive production or thyroid or parathyroid glands, or elevated calcium	4	1	1
Deficient kidney or liver function for >6months	5	1	0.605
Treatment with cyclosporine for an organ transplant	1	1	0.26
Anticonvulsant therapy	2	1	0.453
Diuretic therapy	8	1	1
Current treatment with Librium (chlordiazepoxide hydrochloride), Tranxene (clorazepate dipotassium), Valium (diazepam), Dalmane (flurazepam hydrochloride), or Ativan (lorazepam) for >1.5 months	1	1	1
History of steroid tablet or high-dose asthma inhalers for >6 months	7	1	1
Caffeine intake >2 cups coffee day or equivalent	27	0.08	0.331

Gastrointestinal malabsorption, removal of stomach or small bowel, diarrhea, Crohn disease, etc.	5	0.192	0.61
Inability to rise from a chair without arms	17	0.035	0.044
Rheumatoid arthritis or Cushing syndrome	11	0.388	1
History of chemotherapy or multiple myeloma	4	1	0.573
Osteogenesis imperfecta	0	1	1
Cognitive impairment or dementia	2	1	1
Age of >65 years	93	0.004	<0.001

TABLE E-2 Study Participant Demographics\*

Characteristic	Mean (SD)	Range
Age (years)	67.50 (13.09)	24.2 to 90.0
Weight (kg)	87.15 (16.08)	52.3 to 136.4
Body mass index (kg/m <sup>2</sup> )	26.98 (4.70)	18.1 to 43.0
OST score	3.58 (4.64)	−6.0 to 16.0
Spine BMD (g/cm <sup>2</sup> )	1.21 (0.21)	0.6 to 1.7
Spine T-score	−0.19 (1.77)	−4.9 to 4.2
Femoral neck BMD	0.92 (0.15)	0.5 to 1.4
Femoral neck T-score	−1.11 (1.14)	−43.27
Total hip BMD	1.01 (0.16)	0.5 to 1.5
Total hip T-score	−0.62 (1.27)	−4.3 to 3.3

\*SD = standard deviation, and BMD = bone mineral density.