

APPENDIX E1

Quick Osteoporosis Questionnaire

1. What is your age?

- ☐ <30 years old
- ☐ 30-50 years old
- ☐ 50-70 years old
- ☐ >70 years old

2. Are you postmenopausal? (defined as not having your menstrual period for the last 12 months)

- ☐ Yes
- ☐ No

3. What is osteoporosis?

- ☐ A disease of the muscles that weakens them over time
- ☐ A condition of brittle bones
- ☐ An illness that results in the deterioration of cartilage

4. What is a major risk factor for developing osteoporosis?

- ☐ Family history of the disease
- ☐ Not eating enough meat
- ☐ Being female

5. At what age should one begin taking calcium supplements in order to prevent osteoporosis?

- ☐ Before 30 years old
- ☐ After 30 years old
- ☐ After menopause

6. What is your major source of calcium?

- ☐ Dairy products (milk, cheese)
- ☐ Calcium supplements
- ☐ Other_____

7. How many servings of the following do you consume daily?

Milk (1 serving=1 cup)_____ Spinach (1 serving=1 cup)_____

Calcium supplements_____mg Yogurt (1 serving=1 cup)_____

Cheese (1 serving=1.5 oz natural [e.g Cheddar] or 2 oz processed [e.g. American])_____

8. Do you take calcium supplements?

- ☐ Yes How much?_____mg
- ☐ No

9. Have you ever had a bone density exam?

- ☐ Yes
- ☐ No

10. Do you exercise regularly?

- ☐ Not at all
- ☐ 1-3 times weekly
- ☐ >3 times per week

11. Do you smoke?

- ☐ Not at all
- ☐ <10 cigarettes per day
- ☐ 1 pack per day
- ☐ A few cigarettes per month
- ☐ Less than 1 pack per day
- ☐ More than 1 pack per day

Thank you for your time in completing this questionnaire

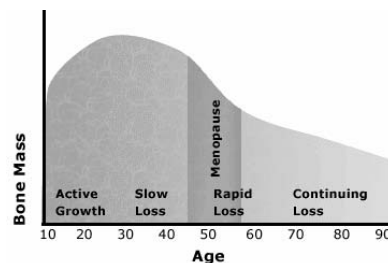
APPENDIX E2

What You Should Know About Osteoporosis

Osteoporosis is a condition in which there is a **weakening** of the bones because of low calcium content. It is estimated that about 10 million Americans suffer from osteoporosis (**80% are women**). Although all races can be affected, Caucasians are more likely to develop osteoporosis. Calcium is one of the major building blocks of bone and can be found in dairy products, spinach, and broccoli. Fortified foods with calcium include orange juice, tofu, and frozen yogurt. Hip fractures and a noticeable curving (hunchback-like appearance) are two commonly seen results of osteoporosis, along with fractures of other bones. Consuming the recommended daily amount of calcium will allow one to build healthy, strong bones. It is recommended that one should begin consuming proper daily amounts of calcium during adolescence (because one achieves peak bone mass early in life, around 25 years old) and continue taking calcium throughout one's life. **Calcium supplements** (found on the shelf at most grocery stores and pharmacies) should be taken in order to reach the recommended daily amount. **Exercise** is also beneficial in that it improves bone strength. Exercising 3-5 times per week for approximately 25-30 minutes is a good plan for almost anyone. It is recommended that you check with a physician before beginning an exercise routine.

Risk Factors

- **Family history** of osteoporosis/fractures
- **Females are at significantly higher risk than males**
- Menopause
- Smoking
- Use of certain medications (corticosteroids, anticonvulsants)
- Heavy alcohol use
- Small body frame/thin bones



Recommendations

- **Build strong bones** before the age of 30 (exercise, weightlifting/resistance training)
- Take daily recommended amounts of **calcium** and vitamin D
 1. Age 50 years and older require **1200 mg/day** calcium
 2. One **should take a calcium supplement** to ensure that needs are met
- **Exercise** regularly with weight-bearing/resistance routines (walking, jogging, weightlifting)
- Avoid cigarette smoking and excessive alcohol use
- Talk to your doctor about bone health

Food	Serving Size	Calcium (mg)
Cheese, cheddar	1 oz	204
Milk, fat free or skim	1 cup	301
Sardine	3 oz	325
Spinach, cooked	1 cup	245
Yogurt plain, skim milk	8 oz container	452

Values were obtained from the USDA Nutrient Database for Standard References, Release 15 for Calcium, Ca (mg) content of selected foods per common measure.

- When appropriate, have a **BMD** (bone density) exam completed and take any recommended medications

When to get a BMD test:

- All postmenopausal women under 65 with one or more risk factor
- All women over 65 regardless of risk factor existence
- Postmenopausal women presenting with a fracture
- Women who are on hormone therapy for prolonged periods of time