

MDS Alert

Risk Assessment: Check Out This List Of Risk Factors For Osteoporosis

Certain conditions, meds up the odds of a resident having the condition.

One risk for osteoporosis: being female and over age 65 or being postmenopausal under 65 with a family history of osteoporosis or personal history of low-trauma fracture after the age of 50. Other risk factors include:

- Advanced age
- Previous fragility fracture
- Family history of bone disease
- Current cigarette smoking
- Excessive use of alcohol
- Low body weight and/or small body frame
- Lifetime of low calcium intake
- Vitamin D deficiency
- Inactive lifestyle
- Some prescription medications (e.g., steroids, radiation, chemotherapy, excess thyroxine replacement, antiepileptic medications, gonadal hormone suppression, immunosuppressive agents)
- Certain medical conditions (e.g., hyperthyroidism, chronic lung disease, hyperparathyroidism, cancer, chronic liver or kidney disease, Cushing's disease, multiple sclerosis, rheumatoid arthritis, endometriosis, vitamin D deficiency, sarcoidosis, hemochromatosis, estrogen deficiency, amenorrhea, low testosterone levels in men)

Source: **Becky Dorner, RD, LD**, of **Becky Dorner and Associates**. Used by permission.