



Everything you need to know about

Osteoporosis Risk Test

Rheumatology
&
Physical Medicine Department



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NEW MOWASAT HOSPITAL
CARING FOR GENERATIONS



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...IN SALMIYA

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Osteoporosis, which literally means “porous bone”, is a disease in which the density and quality of bone are reduced. As the bones become more porous and fragile, the risk of fracture is greatly increased. The loss of bone occurs “silently” and progressively. Often there are no symptoms until the first fracture occurs.

The IOF one-minute osteoporosis risk test	
1. Have either of your parents been diagnosed with osteoporosis or broken a hip after a minor bump of fall?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Have you broken a bone after a minor bump of fall?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Have you taken corticosteroid tablets (e.g. cortisone, prednisone) for longer than 3 months?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Have you lost more than 3cm (Just over 1 inch) in height?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Do you regularly drink alcohol in excess of safe limits?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do you smoke more than 20 cigarettes a day?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Do you suffer from diarrhea (caused by celiac disease or Crohn's disease)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
For Women	
8. Did you go through menopause before the age of 45?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Have your periods stopped for 12 months or more (other than because of pregnancy or menopause)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
For Men	
10. Have you ever suffered from impotence, lack of libido or other symptoms related to low testosterone levels?	<input type="checkbox"/> Yes <input type="checkbox"/> No

In the Rheumatology and Physical Medicine Department, your doctor will take a thorough medical history and once a diagnosis is made, will develop a treatment plan tailored to your needs.

For more information and appointment scheduling, please call ext. **1712 / 1748**



مستشفى المواساة الجديد

نرعى الأجيال

... في السامية

