



osteoporosis questionnaire for:

name first name date of birth

Check the applicable factors and then add up your points. From 3 points there is an increased risk of osteoporosis, from 5 points there is a severely increased risk that requires control. The initiation of basic therapy with calcium, vitamin D3, Omega-3 fatty acids, Vitamin K and possibly hormones (and / or effective herbal alternatives) and a targeted training program are strongly recommended.

Risks that you cannot control:

- Family burden
- Slim body
- Female gender
- Fair-skinned type
- Early menopause (before 50)

Risks that you can control

- Smoking (occasional)
- Strong smoking (daily)
- Relative lack of exercise
- Severe lack of exercise
- Bone-burdening medication (cortisone) and Diseases (diabetes, hyperinsulinemia)
- Excessive alcohol consumption
- Overweight BMI > 35
- High consumption of coffee, cola or sugar
- Calcium and vitamin poor diet (= less than 1000-1200mg calcium/day)
- Diet rich in fat and meat
- Lack of sporting activity (swimming or cycling does not count)
- No hormone replacement therapy after the menopause

Total (>3=increased, >5=severely increased)

total

points

This is "normal" in Switzerland: 8000 fractures of the hip, vertebrae and bones of women every year



A "normal" bone density means osteoporosis at the age of 75!

So: keep your bone density with:

- Taking calcium, if necessary nutrition advice
- Seasonally adjusted compensation of a vitamin D deficiency
- Omega-3 fatty acids on days when you do not consume fish
- Taking vitamin K (be careful with Blood thinning therapy)
- sporting activity and / or special physiotherapy
- Hormone replacement therapy or effective herbal alternatives
- Check the bone density after one year