

Are you at risk for spinal fracture?

Take this simple quiz.

Have you lost height over the years?	Yes	No
Have you had a broken bone as an adult?	Yes	No
Do you have back pain unrelated to a specific injury?	Yes	No
Do you have a family history of osteoporosis?	Yes	No
Do you currently, or have you ever, smoked cigarettes?	Yes	No
Do you have a sedentary lifestyle?	Yes	No
Are you small-boned?	Yes	No

If you answered “yes” to one or more questions, talk with your doctor about your risk for osteoporosis and spinal fracture. Each question represents an important risk factor.

These are risk factors commonly associated with osteoporosis. This quiz is meant for informational purposes only and is not a substitute for medical advice. Only a qualified healthcare provider can assess your health and prescribe treatment.