

**Osteoporosis
questionnaire for:**



Zeit für gute Vorsorge ...



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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 an possibly hormones (and / or effective herbal alternatives) and a targeted training program are strongly recommended.

Risks that you cannot control:

Family burden	(2 points)	<input type="checkbox"/>
Slim body	(2 points)	<input type="checkbox"/>
Female gender	(2 points)	<input type="checkbox"/>
Fair-skinned type	(2 points)	<input type="checkbox"/>
Early menopause (before 50)	(2 points)	<input type="checkbox"/>

Risks that you can control

Smoking (occasional)	(1 point)	<input type="checkbox"/>
Strong smoking (daily)	(2 points)	<input type="checkbox"/>
Relative lack of exercise	(1 point)	<input type="checkbox"/>
Severe lack of exercise	(2 points)	<input type="checkbox"/>
Bone-burdening medication (cortisone) and Diseases (diabetes, hyperinsulinemia)	(2 points)	<input type="checkbox"/>
Excessive alcohol consumption	(1 point)	<input type="checkbox"/>
Overweight BMI> 35	(1 point)	<input type="checkbox"/>
High consumption of coffee, cola or sugar	(1 point)	<input type="checkbox"/>
Calcium and vitamin poor diet (= less than 1000-1200mg calcium/day)	(1 point)	<input type="checkbox"/>
Diet rich in fat and meat	(1 point)	<input type="checkbox"/>
Lack of sporting activity (swimming or cycling does not count)	(1 point)	<input type="checkbox"/>
No hormone replacement therapy after the menopause	(1 point)	<input type="checkbox"/>

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

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