

Risk Factors

Non-Modifiable Risk Factors

- Age 65 or older
- Vertebral compression fracture
- Fracture with minimal trauma after age 40
- Family history of osteoporotic fracture (especially parental hip fracture)
- Spinal fracture apparent on x-ray
- Medical conditions (celiac disease, Crohn's disease) that inhibit absorption of nutrients
- Hyperparathyroidism
- Hypogonadism (low testosterone in men, loss of menstrual periods in younger women)
- Early menopause (before age 45)
- Rheumatoid arthritis
- Long-term (more than 3 months continuously) use of glucocorticoid therapy such as prednisone

Modifiable Risk Factors

- Low body weight (<60kg)
- If your present weight is more than 10% below your weight at age 25
- Low calcium intake
- Excess alcohol (consistently more than 2 drinks a day)
- Smoking
- Low bone mineral density (BMD)
- Tendency to fall

Risk factors are additive, meaning that the more risk factors you have, the greater your risk of developing osteoporosis.

Although you cannot change risk factors that are hereditary, you *can* make changes to your **lifestyle**. By making changes in your lifestyle, you are doing something to improve your bone health and lower your risk of developing osteoporosis.

Facts and Figures

- **1 in 4 women** over the age of 50 has osteoporosis.
 - At least **1 in 8 men** over 50 also has the disease.
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- About 2 million Canadians suffer from osteoporosis.
 - At least 80% of fractures in people 60+ are related to osteoporosis.
 - However, **the disease can strike at any age.**
 - Osteoporosis causes 70-90% of 30,000 hip fractures annually.





Resources:

<http://www.ncbi.nlm.nih.gov/>, <http://www.osteoporosis.ca/>