

Checklist for risk of broken bones and osteoporosis (for age 50 or above)
骨质疏松危险评估(50 岁以上)

- Are you 65 or older?
你有 65 岁以上?
- Have you broken a bone from a simple fall or bump since age 40?
你在 40 岁后有轻微跌撞而引起的脆弱性骨折?
- Has either your mother or father had a hip fracture?
你的父亲或母亲有过髋骨骨折?
- Do you smoke?
你现在抽烟?
- Do you regularly drink 3 or more alcoholic drinks per day?
你有每天喝 3 杯酒以上?
- Do you ever taken glucocorticoid medication such as prednisone, for more than 3 months in the prior year at a prednisone equivalent dose >7.5mg daily?
你有服用过类固醇类药物, 比如等同于强的松 7.5 毫克并超过 3 个月以上?
- Do you take any other medication that can cause osteoporosis such as an aromatase inhibitor for breast cancer or hormonal treatment (androgen deprivation therapy) for prostate cancer?
你有服用其它易造成骨质疏松的药物, 比如治疗乳腺癌或前列腺癌的药物?
- Do you have a medical condition that can cause bone loss or fracture, such as chronic inflammatory condition (rheumatoid arthritis, inflammatory bowel disease), COPD, chronic liver disease, type 1 diabetes, hypogonadism, primary hyperparathyroidism, uncontrolled hyperthyroidism, Cushing's disease, osteogenesis imperfect, chronic malnutrition or malabsorption(celiac disease, gastric bypass surgery)?
你有以下易造成骨质流失或骨折的疾病吗? 像类风湿性关节炎, 慢性炎症性肠道病, 慢性支气管炎, 慢性肝炎, 1 型糖尿病, 性腺机能减退, 原发性甲状旁腺病, 甲状腺功能亢进, 库兴氏病, 成骨不全症, 慢性营养不良或吸收不良反应(Celiac disease, 胃绕道手术等)?
- Do you have an early menopause, before age 45?
你有在 45 岁前提早进入更年期?
- Do you currently weigh less than 60Kg or 132 lbs? Or major weight loss (>10% of weight at age 25)?
你有体重小于 60 公斤或 132 磅? 或明显体重下降(比 25 岁的体重下降超过 10%)?
- Do you have spinal fracture or osteopenia identified on x-ray?
你有脊柱骨折或 X 光片显示骨质缺乏?

If you answered yes to at least 1, osteoporosis Canada recommends that you need bone mineral density test and fracture risk assessment.

根据加拿大骨质疏松协会的建议, 如果你有一个以上的状况, 你需要骨密度检查和骨折危险测试.