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DEXA INFORMATION SHEET & OSTEOPOROSIS RISK FACTOR SURVEY

Name:	Today's Date:
Patient ID:	Sex:
Current Height (Inches):	Date of Birth:
Weight (Pounds):	Referring Physician:
Menopause Age:	Ethnicity:

1. Have you ever taken any of the following medications: Please circle all that apply.

Fosamax	Actonel	Other Steroid	Thyroid Medications
Evista	Estrogen	Miacalcin	
Forteo	Calcium	Seizure Medications	

Other, please specify:

2. Have you had a previous bone density test? Do you have the results?
3. How many children do you have?
4. Have you lost more than two inches of height since high school? Yes No
5. Do you have a family history of Osteoporosis? Yes No
6. Do you perform weight bearing exercise? Yes No
7. Do you regularly consume dairy products? Yes No
8. Have you ever missed your period for more than six months in a row? Yes No
9. Did you ever fracture your Hip Wrist Spine
10. Have you ever had surgery on your Hip Wrist Spine
11. Do you smoke? Yes No
12. Do you drink more than two alcoholic drinks daily? Yes No
13. Do you have any of the following conditions: Please circle all that apply.

Hyperthyroidism	Hyperparathyroidism	Rheumatoid Arthritis
Hysterectomy	Asthma or Emphysema	Any Seizure Disorders
Cancer	Anorexia or Bulimia	Inflammatory Bowel Disease

Other, please specify:

Osteoporosis is preventable if bone loss is detected early. If you are at risk (see check list below) your physician may recommend that you have a bone mass measurement test (DEXA) to safely and accurately measure your bone density and predict your risk or future fracture.

Can it happen to you? The Osteoporosis risk checklist

1. Do you have a small, thin frame or are you Caucasian or Asian?
2. Has a female member of your family broken a bone as an adult?
3. Are you a postmenopausal woman?
4. Have you had an early or surgically induced menopause?
5. Have you been taking high doses of thyroid medicine or high or prolonged doses of cortisone (steroids) for asthma, arthritis, or other diseases?
6. Is your diet low in dairy products and other sources of calcium?
7. Are you physically inactive?
8. Do you smoke cigarettes or drink alcohol in excess?

The more times you answer YES, the greater your risk for developing Osteoporosis. Please call our office to schedule an appointment (307) 382-5646.

Dexa Scanning is an Xray for determining bone density. This is an important way to detect Osteoporosis, which can lead to fractures. We have a new Hologic bone density scanner in the office for your convenience. Call today for an appointment. Print out our DEXA information sheet (pdf format-reguires Adobe Acrobat) and bring it to your appointment.