

(un)cancer
Risk Factor
Affecting
Bone Health
Checklist

Bone health risk factors to look out for

- Being female
- Older age
- Being small and thin
- Family history of osteoporosis or hip fracture
- Height loss of more than 1-1/2 inches or stooped posture
- Having reached menopause and early menopause in women (age 45 or younger)
- Breaking a bone after age 50
- Certain medical conditions that may cause bone loss such as rheumatoid arthritis
- Eating a nutrient-poor diet, especially if it is low in calcium and/or vitamin D
- Getting too little physical activity
- Smoking
- Drinking too much alcohol