



Table 2

Risk Factors for Osteoporotic Fractures in Postmenopausal Women

History of prior fractures

Family history of osteoporosis

Lifetime low calcium and vitamin D intake, poor nutrition

Smoking

Low body weight (<127 lbs)

Early menopause (age younger than 45 years) or bilateral oophorectomy

Alcoholism

Dementia

Impaired vision

History of falls

Inadequate physical activity

Source: Osteoporosis prevention, diagnosis and therapy. NIH Consensus Statement, 2000.

Available at: http://consensus.nih.gov/cons/111/111_intro.htm