

Table 3

Risk Factors for Osteoporosis

- › Female sex
- › Early menopause (before age 50)
- › Family history of osteoporosis
- › Caucasian or Asian race
- › Small body size
- › Nulliparity
- › Thyroid disease
- › History of gastric bypass surgery
- › Chronic condition requiring cortisone therapy
- › Sedentary lifestyle
- › Smoking (current or past)
- › Excessive alcohol intake
- › High-fat diet
- › Low calcium and vitamin D intake
- › Excessive caffeine intake