Are you at risk for osteoporosis?

Do you have a small thin frame?

Did an immediate female family member ever break a bone as an adult?

Are you a postmenopausal woman?

Have you had an early or surgically induced menopause?

Have you been taking excessive thyroid medication or high or prolonged doses of cortisone-like drugs for asthma, arthritis, or cancer?

Is your diet low in dairy products?

Are you physically inactive?

Do you smoke cigarettes or drink alcohol in excess?

For more information on this topic or regarding your local Regional Arthritis center (RAC) call 1-800-316-0935 or visit the Missouri Arthritis and Osteoporosis Program (MAOP) web site at http://www.dhss.mo.gov/Osteo.