

DOES YOUR PATIENT HAVE OSTEOPOROSIS?

(OSTEOPOROSIS SELF-ASSESSMENT TOOL)

AGE – WEIGHT (KG) = ????

CHANCE OF OSTEOPOROSIS

> 20 – APPROX 50-60%

0-20 – APPROX 15-20%

<0 – LESS THAN 5%

An example
60 years old
130 lbs = 60 kg
Score = 0

VALID IN MEN AS WELL

MAYO CLIN PROC 2003;78:723-7

MAYO CLIN PROC. 2002;77:629-637

THE SINGAPORE FAMILY PHYSICIAN JUL-SEP 2003;29:12

MOH OSTEOPOROSIS CLINICAL PRACTICE GUIDELINES - SINGAPORE MAR
2002