

Are you at risk for osteoporosis?

Risks You May Have

- Are you a woman?
Past menopause?
- Family history of bone loss or fractures?
- Caucasian or Asian?
- Long term use of certain medications including corticosteroids and anticonvulsants.
- Thin, small, or petite body type.

Risks You Can Affect

- Are you a woman with estrogen deficiency?
- Diet low in calcium as an adult or a child?
- Exercise.
- Smoker, past or present.
- Alcohol consumption, past or present.
- Do you drink a lot of coffee, soda, or other caffeinated beverages?

The more risk factors you have, the more you need to protect your bone health. *Peak Performance Physical Therapy* can help you get started.

