

Jamison: Patient Education and Wellness

HANDOUT 19.13: FRACTURE RISK

Risk factors:

- ☐ 80 years or older
- ☐ a maternal history of a hip fracture
- ☐ any fracture after 50 years of age
- ☐ previous hyperthyroidism
- ☐ anticonvulsant therapy
- ☐ long-acting benzodiazepine therapy
- ☐ loss of weight or height since the age of 25 years
- ☐ more than two cups of coffee each day
- ☐ standing less than 4 hours a day
- ☐ not walking for exercise
- ☐ inability to stand from sitting
- ☐ visual problems: poor depth perception or contrast sensitivity
- ☐ a pulse rate in excess of 80/minute

The more boxes you tick, the greater your risk of a fracture.

See <http://www.cpsc.gov/cpscpub/pubs/ocquiz/start.html>

Reduce your risk of falling.

See Handout 19.12