

Osteoporosis Questionnaire



Name: _____ Date: _____

Age: _____ Sex: _____ Race: _____ Family Background (ie: German): _____

Peak Adult Height: _____ **Office use only:** **Current Height:** _____ **Weight:** _____

Osteoporosis History:

Have you ever had a bone density test before? Yes: _____ No: _____

If yes, when and where did you have it? _____

Did your previous bone density scan diagnose you with osteopenia or osteoporosis? Yes: _____ No: _____

Are you currently on any medications for osteoporosis? (Circle) Fosamax 35mg, Fosamax 70mg, Fosamax 70mg + Vit D (2800), Fosamax 70mg + Vit D (5600), Actonel 35mg, Actonel 75mg, Actonel 150mg, Atelvia 35mg, Miacalcin, Fortical Nasal Spray, Estrogen, Evista, Boniva 150mg, Boniva 3mg IV, Reclast IV, Forteo SQ, or Prolia SQ.

Have you discontinued any osteoporosis medications? Yes: _____ No: _____ If yes, list name of medication and why you discontinued it. _____

Do you have a family history of osteoporosis? Yes: _____ No: _____ Relationship: _____

Bone Fracture History:

Have you ever fractured or broken a bone after the age of 40 yrs? Yes: _____ No: _____

If yes, what bone(s) was fractured _____ and was it a fragility/stress fracture or traumatic fracture due to injury (circle)?

Menstrual History:

Age of first period: _____ Are you still menstruating? Yes: _____ No: _____

If yes, are your periods regular or irregular? (Circle). If no, age of onset of menopause _____.

Was menopause natural or did you have surgical removal of your uterus and/or ovaries? (Circle)

Do you have symptoms associated with menopause, such as hot flashes, sleeplessness, headache, or lack of concentration? Yes: _____ No: _____.

If menopausal, were you started on hormones (estrogen, or estrogen and progesterone)?

If yes, how soon after menopause did you start taking hormones? _____ Are you still taking hormones? Yes: _____ No: _____. If not how long did you take them before stopping? _____

Have you ever or are you currently taking any hormone suppressing agents? (ie: Lupron, Depo Provera) Yes: _____ No: _____ If yes, how long? _____

Medication History:

Current, long term or past use of steroid therapy (prednisone, orisone, deltasone, solumedrol,etc.)?

Yes: _____ No: _____. If yes please explain _____

Antiseizure drugs such as Dilantin or Phenobarbital over 5 years? Yes: _____ No: _____

PLEASE CONTINUE ON THE BACK

Technician comments:

Name: _____ D.O.B. _____ Date _____

Medical History:

Have you ever had or currently having any of the following health problems? Please check or answer below.

Bariatric Surgery _____	Hyperparathyroidism _____	Blood clots _____
Type: banding or bypass _____	Crohn's disease _____	Heart disease _____
Celiac disease _____	Stomach disorders _____	Liver disease _____
Back pain _____	Esophageal disorders _____	Lung disease _____
Back surgeries (type) _____	Chronic Diarrhea _____	Kidney disease _____
Bone pain _____	Gastrectomy _____	Dementia _____
Osteoarthritis _____	Ulcerative Colitis _____	Vitamin D deficiency _____
Rheumatoid Arthritis _____	Eating disorder _____	Frequent falls _____
Autoimmune disease _____	Cancer (type) _____	Other _____
Thyroid disease _____	Chemo/Radiation _____	

Exercise History:

How often do you exercise? _____

What type of exercise do you usually do? _____

Smoking:

Do you smoke? Yes: _____ No: _____ If yes, how many packs per day? _____

How many years? _____ If you quit, when did you quit? _____

Caffeine/ Alcohol:

How many servings of caffeinated beverages do you drink per day? _____ Type (ie: coffee, soda) _____

Do you drink alcohol on a daily basis? Yes: _____ No: _____ If yes, how many drinks per day? _____

Calcium and Vitamin D Assessment:

How many servings of calcium rich foods do you average per day? _____

Do you take a calcium supplement? Yes: _____ No: _____

If yes, how many milligrams per day?: _____

Does your calcium contain vitamin D or do you take vitamin D? Yes: _____ No: _____

If yes, how many IU of vitamin D per day?: _____

Do you take a multi vitamin? Yes: _____ No: _____ If yes, what kind? _____