

Approximately 50% of all fragility fractures occur in the spine.

Are you at risk for a spine fracture?



Take this simple quiz.

1) Have you lost height over the years?

Yes

No

2) Have you broken a bone as an adult?

Yes

No

3) Do you have back pain unrelated to a specific injury?

Yes

No

4) Do you have a family history of osteoporosis?

Yes

No

5) Do you currently, or have you ever, smoked cigarettes?

Yes

No

6) Do you have an inactive lifestyle?

Yes

No

7) Are you taking prescription medications to relieve inflammation?

Yes

No

If you answered "Yes" to one or more of these questions, speak with your doctor about your risk for osteoporosis and spinal fracture.



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These are risk factors commonly associated with osteoporosis. This assessment is for informational purposes only and should not be considered actual medical advice. Only a qualified healthcare professional can assess your health and prescribe treatment.