

Spinal Fracture Risk Assessment

Could you be at risk for a spinal fracture?

Take this quiz to better understand your spinal fracture risk.

Are you over 50 or postmenopausal? Yes No

Do you have sudden onset, sharp back pain lasting longer than 3 days? Yes No

Have you been diagnosed with osteoporosis or low bone mineral density? Yes No

Have you broken a bone as an adult? Yes No

If you answered “yes” to one or more questions, consider talking with your doctor about your risk for osteoporosis and spinal fracture.

These are risk factors commonly associated with osteoporosis. This quiz is meant for informational purposes only and is not a substitute for medical advice. Only a qualified healthcare provider can assess your health and prescribe treatment.