

Do You Have Perfect Bones?

WARNING SIGNS:

- ☐ 1. Feel depressed
- ☐ 2. Regularly consume amounts of white flour and/or sugar
- ☐ 3. Consume soft drinks
- ☐ 4. Soft teeth
- ☐ 5. Habitually overeat
- ☐ 6. Tight jaw, clenched teeth and/or teeth grinding
- ☐ 7. Receding gums
- ☐ 8. Periodontal disease
- ☐ 9. Teeth loosening in sockets of jawbone
- ☐ 10. Jaw bone eroding
- ☐ 11. Shifting dental plates (indicating further jawbone erosion)
- ☐ 12. Tooth shattering
- ☐ 13. Plaque on the teeth
- ☐ 14. Wake up stiff in the morning
- ☐ 15. Feel as if your body lacks solidity, substance
- ☐ 16. Weak muscles
- ☐ 17. Lack of fitness
- ☐ 18. Feel physically fragile, fear of getting bumped or jostled
- ☐ 19. Pain in bones, especially in lower back
- ☐ 20. Joint tenderness or inflammation
- ☐ 21. Tendency to cramps in legs, feet or toes, especially at night
- ☐ 22. Extreme fatigue
- ☐ 23. Heart palpitations
- ☐ 24. Experience hot flashes
- ☐ 25. Brittle or soft fingernails
- ☐ 26. Premature gray hair
- ☐ 27. Diet high in salt
- ☐ 28. Unusually lean, low body fat
- ☐ 29. Immoderate exercise (with second-degree amenorrhea, called athletic amenorrhea)
- ☐ 30. Being over 50
- ☐ 31. Nulliparity (no children, for women)
- ☐ 32. History of anorexia nervosa, overdieting, bulimia or simply being thin
- ☐ 33. Early (before age 45) menopause
- ☐ 34. Stooped posture, forward bending of spine (Dowager's hump)
- ☐ 35. Transparent skin

- ☐ 36. Declining height (averages 1.5 inches every 10 years after menopause; loss of .5 to 1 inch in a year is considered diagnostic)
- ☐ 37. Low peak bone mass in early adulthood, or small, fine bones
- ☐ 38. Prolonged immobility due to paralysis or illness
- ☐ 39. Fractures, especially vertebral crush, wrists or forearms and hips
- ☐ 40. High-protein diet, especially meat-based rather than vegetable- and whole grain-based
- ☐ 41. Drinking fluoridated water
- ☐ 42. Genetic predisposition, especially: fair skinned, small boned, family history (especially of Osteogenesis Imperfecta, a rare condition), northern European or Asian extraction, female gender

DISEASES SUCH AS:

- ☐ 43. Chronic renal (kidney) disease, including kidney stones
- ☐ 44. Chronic liver disease
- ☐ 45. Hypogonadism (male or female sex organs don't produce high enough sex hormone levels)
- ☐ 46. Hyperthyroidism (thyrotoxicosis)
- ☐ 47. Adrenal overactivity (Cushing's syndrome)
- ☐ 48. Parathyroid overactivity (called hyperparathyroidism)
- ☐ 49. Other endocrine disease, including thyrotoxicosis
- ☐ 50. Rheumatoid arthritis
- ☐ 51. Chronic lung disease
- ☐ 52. Some forms of cancer, especially myeloma
- ☐ 53. Rickets

HAVE HAD SURGICAL PROCEDURES SUCH AS:

- ☐ 54. Removal of ovaries
- ☐ 55. Removal of part or all of stomach or intestine
- ☐ 56. Hysterectomy
- ☐ 57. Prostatectomy
- ☐ 58. Gall bladder dysfunction or removal

TAKING PARTICULAR DRUGS, ESPECIALLY:

- ☐ 59. Anticonvulsants
- ☐ 60. Corticosteroids (used for asthma or rheumatoid arthritis)
- ☐ 61. Anticholinergics
- ☐ 62. Certain diuretics (loop diuretics, i.e., furosemide; Lasix and thiazides)
- ☐ 63. Anticoagulants (such as heparin or coumadin)
- ☐ 64. Antibiotics, especially tetracycline
- ☐ 65. Too high a dose of thyroid hormone replacement
- ☐ 66. Antacids containing aluminum
- ☐ 67. Phenothiazine derivatives
- ☐ 68. Lithium
- ☐ 69. Certain cancer chemotherapy medications
- ☐ 70. Radiation exposure, including from medical treatment

OTHER FACTORS INCLUDE:

- ☐ 71. Estrogen deficient (postmenopausal or surgical menopause)
- ☐ 72. Testosterone deficient (for men)
- ☐ 73. Inadequate dietary calcium
- ☐ 74. Insufficient exposure to sunshine, resulting in inadequate levels of Vitamin D
- ☐ 75. Smoke cigarettes
- ☐ 76. Lack exercise, a sedentary lifestyle
- ☐ 77. Ingest caffeine, especially excessive caffeine intake
- ☐ 78. Ingest alcohol

EXPERIENCE RELATED CONDITIONS SUCH AS:

- ☐ 79. Allergies
- ☐ 80. Frequent colds and infections
- ☐ 81. Gallstones or kidney stones
- ☐ 82. Cold sores or Herpes
- ☐ 83. Mitral valve insufficiency or prolapse
- ☐ 84. Arthritic or bony spurs

Any one of the above factors is sufficient to signal risk of osteoporosis; the higher the score, the greater the risk.