ARE YOU AT RISK FOR OSTEOPOROSIS?

Take this little quiz and find out.

1 What is your current age in years? Take the first number of your age (for example, 7 if you are 75) and multiply it by three. Put your answer here. _____

2 What is your race or ethnic group? If African-American/Black American, enter 0. For all other groups, enter 5 here. _____

3 Have your ever been treated for, or told you, have rheumatoid arthritis? If yes, enter 4. If no, enter 0. _____

4 Since the age of 45, have you experienced a broken bone at any of the following sites?
Hip: If yes, enter 4. If no, enter 0 _____
Rib: If yes, enter 4. If no, enter 0 _____
Wrist: If yes, enter 4. If no, enter 0 _____

5 Do you currently take or have you ever taken estrogen? (i.e., Premarin®, Estrace®, Estraderm®, Estratab®, Evista®) If yes, enter 0. If no, enter 1. _____

6 Subtotal: Add your scores from the first five questions. Enter here. _____

7 What is your current weight in pounds? Take the first two numbers of your weight enter them here. _____

8 To calculate your final score, take the first two numbers of your weight and subtract them from the subtotal in question six. This is your final score: _____
If your final score is greater than or equal to six, you could be at risk for osteoporosis. Speak with your doctor about further evaluation.

MERCK & COMPANY, INC.

HOW MUCH CALCIUM DO I NEED?

It is important to know how much calcium is needed to prevent Osteoporosis and live a healthy life. The National Institutes of Health recommends:

Age (in years)	Calcium (mg per day)
1-5	800
6-10	800-1200
11-24	1200-1500
Men	
25-65	1000
Women	
25-50	1000
50-65 (on estrogen)	1000
50-65 (not on estrogen)	1500
Pregnant or Nursing	1200-1500
Anyone over 65	1500