

## 60 Second Osteoporosis Risk Quiz 60 秒鐘骨質疏症危機問卷調查

Are you over 65?

1. 你是否超過六十五歲?

Yes 是

No 否

Has either of your parents broken a bone after a minor bump or fall?

2. 你的父親或母親有否因輕微碰撞或跌倒而至骨折?

Yes 是

No 否

Have you broken a bone after a minor bump or fall?

3. 你是否曾經因輕碰撞或跌倒而至骨折?

Yes 是

No 否

Have you taken glucocorticoid pills (cortisone, prednisone, etc.) for more than three months?

4. 你是否曾經服食類固醇藥(cortisone, prednisone 等)超過三個月?

Yes 是

No 否

Have you lost more than 4 cm (about 1 1/2 inches) in height since age 25 (or 6 cm if you are over 60)?

5. 你是否在 25 歲後矮了 4 厘米(約一吋半)或在 60 歲以後矮了超過 6 厘米?

Yes 是

No 否

Do you have a tendency to fall?

6. 你是否比較容易跌倒?

Yes 是

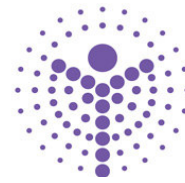
No 否

Do you have primary hyperparathyroidism?

7. 你是否患過原發性副甲狀腺素過高症?

Yes 是

No 否



Do you have a medical condition (such as celiac disease or Crohn's disease) that inhibits absorption of nutrients?

8. 你是否有患過以下腸臟疾病: 粥樣瀉或腸炎以致影響營養吸收?

Yes 是

No 否

Has a recent x-ray suggested you have low bone density (osteopenia)?

9. 你最近一次 X 光檢查報告有否顯示骨質密度低(骨質疏鬆)

Yes 是

No 否

For Female, did you undergo menopause before age 45?

如你是女性

10. 你是否在 45 歲前收經?

Yes 是

No 否

Have your periods stopped for several months or more (other than for pregnancy or menopause)?

11. 你有否試過停經數月(而非因懷孕或收經)?

Yes 是

No 否

For male, have you ever suffered from impotence, lack of libido or other symptoms related to low levels of testosterone?

如你是男性

12. 你有否試過陽萎, 失去性慾或其他有關於低睪丸素之症狀?

Yes 是

No 否

If you're over 50 and have answered yes to any of these questions, Osteoporosis Canada recommends that you talk to your doctor about having a bone mineral density (BMD) test.

如果你是超過 50 歲及對以上的任何問題有答“是”的話，加拿大骨質鬆症協會提議你跟你的醫生查詢有關接受骨質密度檢查(BMD)。

The questions in the 60-second Osteoporosis Risk Quiz relate to major risk factors the disease - strong predictors of bone loss. Other minor risk factors may also contribute to bone loss. Since these risk factors are additive, the more of them you have, the more likely you are to develop osteoporosis.

以上 60 秒鐘骨質疏症危機問卷的問題都與多種影響疾病的主要危機因素有關，所以極能預計骨質流失。其他次要的危機因素亦會導致骨質流失，危機因素越多，你患骨質鬆症的機會越高。