Am I at Risk for Osteoporosis?

Learn about the risk factors of osteoporosis, so you can take steps to protect your bone health and prevent bone loss



About **1 in 5 women over age 50** have osteoporosis — a serious chronic condition that weakens the bones to the point of breaking.

And **1 in 2 women over age 50** will break a bone because of osteoporosis.

Often, people don't know they have osteoporosis until they break a bone.

Risk factors for osteoporosis

Being a woman



- 4 of 5 people with osteoporosis are women
- Women with small body frames/low body weight are at higher risk

Ethnicity



- Higher risk for fracture from osteoporosis for white people
- Worse outcomes after osteoporosis fractures for Black women

A family history of osteoporosis

- A parent or sibling with osteoporosis



- A mother or father with a history of hip fracture



If you've broken a bone after a minor fall, you may have osteoporosis. And having a broken bone after age 50 puts you at high risk for future fractures.

Going through perimenopause and menopause

- Low estrogen levels weaken the bones
- Women lose bone mass quickly 2 years before menopause and up to 5 years after
- Having a hysterectomy, with or without removal of the ovaries





Women who enter menopause early – before age 45 – are at increased risk for osteoporosis.

Lifestyle factors



- Smoking
- Excessive alcohol intake
- A diet low in vitamin D, calcium, protein or calories
- Lack of exercise



Living with health conditions, including:

- Rheumatoid arthritis
- Celiac disease
- Cancer
- COPD
- Asthma
- Inflammatory bowel disease
- Diabetes
- HIV/AIDS
- Hyperthyroidism
- Chronic liver or kidney disease

Taking certain medications

- Epilepsy drugs
- Glucocorticoids
- Adrenocorticotropic hormones
- Some cancer medications
- Proton pump inhibitors
- Selective serotonin reuptake inhibitors
- Thiazolidinediones



If you have risk factors for osteoporosis, talk to your healthcare provider. A simple imaging test like a DEXA scan can help assess your bone health and help you form a plan to prevent bone loss.

This educational resource was created with support from UCB, a HealthyWomen Corporate Advisory Council member.

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