



LIVING BEYOND
BREAST CANCER®

PHYSICAL CONCERNS

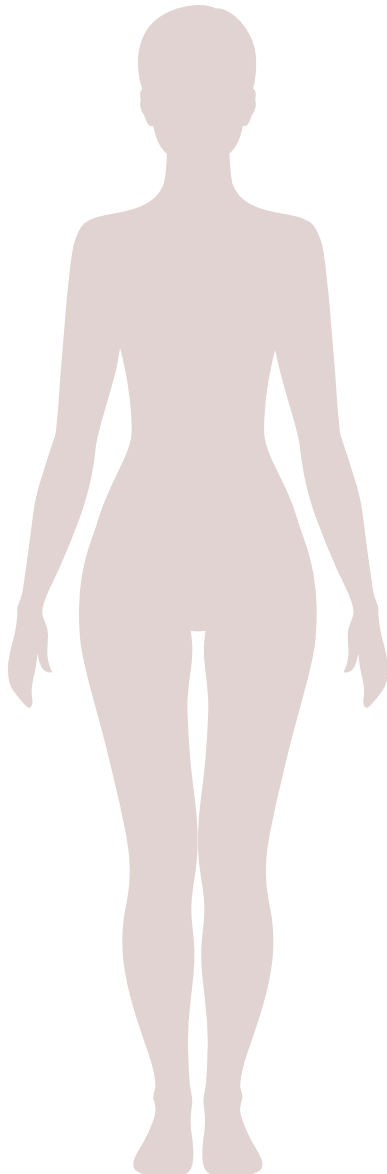
Osteopenia & osteoporosis:

Am I at risk?

Osteopenia (lower than normal bone density) and osteoporosis (brittle, fragile bones) make bones more likely to break. Certain breast cancer treatments, like hormonal therapies and some chemotherapies, can cause them. But there are other factors that also add to your risk of bone problems.

Check off items below that are true for you, and fill out any blanks.

We'll go over the list together to talk about your risk and ways to lower it.



- I am female
- I am over age 70
- I am White, Latina or Asian
- I am _____ feet and _____ inches tall
- I drink _____ or more alcoholic beverages a _____ [day, week, month]
- I smoke
- I have family history of osteoporosis
- I have fractured/broken _____ bones in my life
- I weigh _____ lbs.
- I have or had an eating disorder, problems with metabolism or a condition that affects the way my body uses vitamins
- My period stopped for a while because of cancer treatments, or I started menopause early
- I exercise _____ times a _____ [week, month]
- I do not get the daily recommended amount of calcium for me.
Fill out with your doctor: The daily recommended amount of calcium for me is

- I take certain medicines, such as steroids and stomach acid-reducing medicines, regularly and long-term
The names of these medicines are _____
