



The University
Of
Sheffield.



World Health
Organization

Would you like to know your risk of breaking a bone in the next ten years?

Many broken bones are the result of simple injuries such as falling from a standing height. Certain risk factors are associated with these low trauma fractures. By completing the questions below, you can ask your doctor to calculate your risk (or you can do it yourself!) by visiting www.shef.ac.uk/FRAX

FOR MORE INFORMATION ON THE RISK FACTORS AND WHAT TO DO WITH THE RESULTS, PLEASE READ THE BACK OF THIS SHEET

- | | | | | |
|----|---|---------------------------|--------------------------|----------------------------------|
| 1 | What is your age? | Years: | | |
| 2 | How tall are you? | Feet/inches: | OR | Cm: |
| 3 | How much do you weigh? | Stones/lbs: | OR | Kg: |
| 4 | Have you ever broken a bone in adult life that resulted from a low level of injury? (e.g. a simple fall from standing height) | <input type="radio"/> yes | <input type="radio"/> no | <input type="radio"/> don't know |
| 5 | Have either of your parents ever broken a hip following a low level of injury? (e.g. a simple fall from standing height) | <input type="radio"/> yes | <input type="radio"/> no | <input type="radio"/> don't know |
| 6 | Are you a current smoker? | <input type="radio"/> yes | <input type="radio"/> no | <input type="radio"/> don't know |
| 7 | Have you ever taken glucocorticoids (e.g. prednisolone) by tablets for more than a few weeks? | <input type="radio"/> yes | <input type="radio"/> no | <input type="radio"/> don't know |
| 8 | Have you ever been diagnosed with rheumatoid arthritis? (not osteoarthritis) | <input type="radio"/> yes | <input type="radio"/> no | <input type="radio"/> don't know |
| 9 | Have you ever had any of the conditions outlined overleaf? (Secondary osteoporosis) | <input type="radio"/> yes | <input type="radio"/> no | <input type="radio"/> don't know |
| 10 | On average, do you drink 3 or more units each day? (1½ pints of beer or 3 glasses of wine or 3 short measures of spirits) | <input type="radio"/> yes | <input type="radio"/> no | <input type="radio"/> don't know |

If the answer to any of the above is **don't know**, enter the answer as **no** on the website

My chance of a MAJOR OSTEOPOROTIC FRACTURE in the next 10 years is	%
My chance of a HIP FRACTURE in the next 10 years is	%

Some guidance about the risk factors

AGE FRAX® works for ages between 40 and 90 years. If ages below or above are entered, the programme will default to the ages of 40 or 90 years, respectively.

PREVIOUS FRACTURE A previous fracture denotes more accurately a previous fracture in adult life occurring spontaneously, or a fracture arising from trauma which, in a healthy individual, would not have resulted in a fracture. The risk will be underestimated if you have had more than one low trauma fracture.

SMOKING Enter yes if you currently smoke tobacco, but enter no if you are an ex-smoker. The more you smoke, the higher the risk but this is not taken into account in the calculation.

GLUCOCORTICOIDS Enter yes if you have received oral glucocorticoids for more than 3 months at a dose of prednisolone of 5mg daily or more (or equivalent doses of other glucocorticoids). The risk is higher at larger doses, but this is not taken into account in the calculation.

RHEUMATOID ARTHRITIS there are many types of arthritis and the most common, osteoarthritis is, if anything, associated with a lower risk of broken bones. If unclear about your diagnosis, please discuss this with your doctor.

SECONDARY OSTEOPOROSIS A number of conditions are associated with bone loss and increased fracture risk. These include: an early menopause (before the age of 45) or prolonged absence of your periods (other than pregnancy); longstanding poor mobility (e.g. following a stroke, Parkinson's disease, or spinal injury); Crohn's disease or ulcerative colitis; insulin-dependent diabetes and a history of an overactive thyroid gland. This list is not exhaustive. If concerned about other conditions, please ask your doctor.

ALCOHOL 3 or more units/day is associated with increased fracture risk. A unit of alcohol varies slightly in different countries from 8-10g of alcohol. This is equivalent to a standard glass of beer (285ml), a single measure of spirits (30ml), a medium-sized glass of wine (120ml), or 1 measure of an aperitif (60ml)

What should I do with the results?

If concerned about your level of risk, please discuss the results with a doctor or other health professional (practice nurse etc.). They may decide that you need a bone density test (a simple x-ray test) to further examine your risk of fracture. Following the bone density test, they will then recalculate your fracture risk using the FRAX tool. You can record the new result in the boxes below:

My chance of a MAJOR OSTEOPOROTIC FRACTURE in the next 10 years is	%
My chance of a HIP FRACTURE in the next 10 years is	%