



Osteoporosis *"Points of Opportunity"* Program Pre-Session Questionnaire

Name: _____ Session Date: _____
(Please Print)

PART 1: OSTEOPOROSIS KNOWLEDGE

SECTION 1: DEFINITION & MEANING

Please check all responses you think are correct.

1. Osteoporosis is:
 - a sore back
 - pain in the joints
 - thin bones that can break easily
 - the same as osteoarthritis
 - something else (please write your definition):

2. If you were diagnosed with osteoporosis, then:
 - your chance of breaking a bone is higher than expected
 - you will always have pain in your:
 - back
 - joints
 - bones
 - you can decrease your risk of breaking bones with a medicine to restore lost bone mass
 - you should not perform strenuous lifting activities
 - you should take in enough calcium
 - you should not participate in physical activity

3. Pain that is related to osteoporosis is caused by:
 - thin bones
 - arthritis in the joints
 - a broken bone

4. Bone loss occurs naturally as we age. True False

5. Changes in posture occur with osteoporosis because:

- bones get thin
- muscles get weak
- discs or “shock absorbers” get thin
- bones in the back become squashed or compressed

Would you like to learn more about any specific topic? If yes, please write down your ideas:

SECTION 2: BONE-HEALTHY LIFESTYLE CHOICES: DIET

Please check all responses you think are correct.

1. In older life the amount of calcium needed daily is:

- 500-900 mg.
- 1000-1400 mg.
- 1500-2000 mg.

2. In older life the amount of Vitamin D we need to take in is:

- 200 IU
- 400 IU
- 800 IU
- more than 800 IU

SECTION 3: BONE-HEALTHY LIFESTYLE CHOICES: INDEPENDENCE

Fractures occur in older life because older people have thinner bones and are more likely to fall. Please check ALL responses you think are correct.

1. Over the age of 65, about one third of people fall each year. True False

2. The chances of breaking a hip in older females is about 20% at some time in their lives. True False
3. More than 20% of those who break a hip die within a year. True False
4. Over half of those who break a hip don't fully recover their independence. True False
5. The risk of breaking a hip can be reduced by a good intake of calcium and Vitamin D. True False

SECTION 4: BONE-HEALTHY LIFESTYLE CHOICES: PHYSICAL ACTIVITY

Please check all responses you think are correct.

1. Bed rest can really increase the rate of bone loss. True False
2. Physical activity, like walking, leads to a small improvement in bone mass. True False

Please write down any additional questions you may have regarding activity.

SECTION 5: MEDICATIONS

Please check all responses you think are correct.

1. There are now available medications which will:
- a) reduce the rate at which bone gets thinner with age True False
- b) reduce the chances of breaking a bone when osteoporosis has already developed True False

THANK YOU FOR TAKING THE TIME TO ANSWER THESE QUESTIONS