

Fracture risk calculator

The Os-Cal Web site features a calculator that can help to assess a person's risk of fractures based on their health status and lifestyle. The calculator is intended as a basic tool to make people more aware of their bone health and to encourage patient-doctor discussion.

The calculator is based on a mathematical formula developed by Australian researchers, which computes a risk fracture score, or level of risk. In research studies the formula was 75% accurate in predicting older women's risk of fracture within a two-year period.

Many experts believe this new scoring method is more accurate than other measurements. But it doesn't take all medical factors into account, so a person's actual fracture risk may be lower or higher than the calculator indicates.

Once the basic questions below are answered, the fracture risk score can be calculated online at www.oscal.com. Patients should discuss their score with their doctor to learn about medications or lifestyle changes that can help them to prevent fractures.

Patent health questions for calculating fracture risk

- 1.) How many times did you fall in the previous year? _____ falls
- 2.) Since you were 20, how many fractures have you had? _____ falls
- 3.) What is your weight? _____ lbs
- 4.) What is the bone mineral density in your spine? _____ BMD
- 5.) What is the bone mineral density in your femoral neck bone? _____ BMD
(Your femoral neck bone is in your upper thigh, near the hip joint.)