

Osteoporosis Risk Factors

Gender... Women get osteoporosis more than men...

Age... Older people are more prone to bone loss than younger...

Body frame... Frail people have frailer bones than sturdy people...

Heredity... Family history of osteoporosis increases risk...

Hormone Deficiency... Estrogen-women/Testosterone-men increases risk...

Long-term Vitamin deficiency... Particularly Vitamin D...

Long-term Mineral deficiency... Particularly Calcium...

Lifestyle choices, including...

 Cigarette smoking...

 Excessive alcohol consumption...

 Sedentary lifestyle...