Table 1

Risk factors for osteoporosis and fractures[8]

Demographic characteristics
- Parental history of hip fracture
- Early menopause (before 45 years)
- Low BMI (< 20 kg/m^2)

Lifestyle risk factors
- Smoking
- Alcohol excess (≥ 3 units/day)

Coexisting diseases
- Diabetes
- Asthma
- Inflammatory rheumatic diseases
- Inflammatory bowel disease and malabsorption
- Cystic fibrosis (in adults)
- Chronic liver disease
- Chronic kidney disease
- Neurological disease (including Alzheimer's disease, Parkinson's disease, multiple sclerosis, stroke)
- HIV
- Primary hyperparathyroidism and endocrine diseases

Drugs
- Antidepressants
- Antiepileptics
- Aromatase inhibitors
- GnRH agonists
- Proton pump inhibitors
- Corticosteroids
- Thiazolidinediones