

Table 1

Risk factors for osteoporosis and fractures, adapted from SIGN 142⁴

Risk category	Risk factor
Demographic characteristics	<ul style="list-style-type: none">● Previous fracture● Parental history of osteoporosis● History of early menopause (before 45 years)● Low BMI (< 20 kg/m²)● Smoking● BMD● Alcohol
Co-existing diseases	<ul style="list-style-type: none">● Diabetes● Asthma● Inflammatory rheumatic diseases (RA or SLE)● Inflammatory bowel disease and malabsorption● Adults with cystic fibrosis● Institutionalised patients with epilepsy● Chronic liver disease● Chronic kidney disease● Neurological diseases (including Alzheimer's disease, Parkinson's disease, multiple sclerosis, stroke)● Primary hyperparathyroidism and endocrine diseases
Drugs	<ul style="list-style-type: none">● Long-term antidepressants● Antiepileptics● Aromatase inhibitors● Long-term depot medroxyprogesterone acetate● GnRH agonists (in men with prostate cancer)● PPIs● Oral corticosteroids● Thiazolidinediones