

**Table 2****Risk Factors Contributing to Bone Loss, Osteoporosis, and Risk of Fracture**

<b>CATEGORY</b>	<b>RISK FACTORS</b>
Primary risk factors	Older than age 50 for men and women, female gender, postmenopausal at any age, men with lower testosterone and estrogen levels, personal and first-degree relative with a history of fracture as an adult, dementia, and ethnicity (Caucasians and Asian Americans have a higher incidence than Hispanics and African Americans. <sup>a</sup> )
Secondary risk factors	Low body weight (less than 127 lbs.), smoking, certain medications, hypogonadism (hormone deficiency and being younger than age 45), comorbid conditions, poor health and frailty, recent falls, inactivity and immobility (i.e., prolonged bed rest or wheelchair bound), and diet (more than two alcoholic drinks per day, low calcium intake, vitamin D deficiency of any cause, and excess consumption of vitamin A, caffeine, sodium, and protein)

*Note.* Based on information from Adami, 2009; Cashman, 2007; Everitt, et al., 2006; Guise, 2006; Mezuk, Eaton, & Golden, 2008; Mezuk, Eaton, Golden, Wand, et al., 2008; Mauck & Clarke, 2006; National Osteoporosis Foundation, 2010; Szulc et al., 2008; Wick, 2009.

<sup>a</sup>Difference in ethnic prevalence may be related to underreporting in some ethnic groups.

Source: Miceli et al. Clin J Oncol Nurs. 2011 Aug; 15(0): 9-23.