

# 骨折及骨質疏鬆自我檢查表格

## Checklist for Risk of Broken Bones and Osteoporosis

### *Part A:*

- 我年齡是否大於 65 歲?
- Am I 65 or older?
  
- 40 歲後，我是否曾經由於跌倒或碰撞導致骨折?
- Have I broken a bone from a simple fall or bump since age 40?
  
- 我的父親或母親是否有過髖部骨折?
- Has either my mother or father had a hip fracture?
  
- 我是否吸煙?
- Do I smoke?
  
- 我是否每天飲用三杯或以上的酒精飲品
- Do I regularly drink three or more alcoholic drinks per day?
  
- 我是否因病而需要服用糖皮質激素，如類固醇藥物潑尼松?
- Do I have a condition that requires me to use a glucocorticoid medication such as prednisone?
  
- 我是否有服用會導致骨質疏鬆症的藥物，如治療乳癌的芳香酶環抑制劑或治療前列腺癌的荷爾蒙療程(睪酮抑制療法)。
- Do I take any other medication that can cause osteoporosis such as an aromatase inhibitor for breast cancer or hormonal treatment (androgen deprivation therapy) for prostate cancer?
  
- 我是否有身體狀況會導致骨質流失或骨折? 例子包括類風濕性關節炎、麵筋不耐症/乳糜瀉、胃分流術、慢性阻塞性肺疾病、慢性肝病。
- Do I have a medical condition that can cause bone loss or fractures? Examples include rheumatoid arthritis, celiac disease, gastric bypass surgery, COPD (chronic obstructive pulmonary disease) or chronic liver disease.

- 我是否在 45 歲前出現了絕經 / 更年期提早?
- Did I have an early menopause, i.e. before age 45?
  
- 我是否有過幾個月甚至更長時間沒來月經? (懷孕期間和更年期除外)
- Have my periods ever stopped for several months or more (other than for pregnancy or menopause)?
  
- 我是否有過陽痿、缺乏性慾、或其他與睪丸素/男性荷爾蒙水平低下相關的症狀?
- Have I ever suffered from impotence, lack of sexual desire or other symptoms related to low levels of testosterone (male sex hormone)?
  
- 我目前是否體重低於 60 公斤或 132 磅?
- Do I currently weigh less than 60 kg or 132 lbs?
  
- 我的體重自 25 歲後, 是否下降了 10%?
- Have I lost more than 10% of my body weight since age 25?
  
- 近期我是否有做 X 光檢查并顯示有脊椎骨折?
- Have I recently had an X-ray that showed a spinal fracture?
  
- 近期我是否有做 X 光檢查并顯示骨質密度偏低?
- Have I had an X-ray that showed low bone mineral density?

以上情況, 若你有一個或一個以上符合, 並且已超過 50 歲, 加拿大骨質疏鬆症協會建議你向醫生作進一步諮詢, 看是否需要進行骨骼密度測試和 **FRAX/CAROC** 綜合骨折風險評估。

若你年齡在 50 歲以下, 你需要骨質密度測試的可能性十分低, 除非你患有某種慢性疾病或長期服用藥物而導致你處於骨折高風險。如果你不確定自身情況, 請向你的醫生諮詢。

**If you are over 50 and have checked one or more of the above, Osteoporosis Canada recommends that you talk to your doctor to see if you need a bone mineral density test and about doing a comprehensive fracture risk assessment with FRAX or CAROC.**

If you are under 50, it is very unlikely that you need a bone mineral density test unless you have a chronic medical condition or medication that puts you at high risk for fractures. If you are unsure, speak to your doctor.

## Part B:

- 根據近期醫務人員的測試，我的身高是否縮短了 2 厘米（3/4 寸），或者和年輕時相比，我的身高總體是否縮短了 6 厘米（2 寸半）？
- Have I lost 2 cm (3/4") in height as measured by my healthcare provider, or 6 cm (2 1/2") overall from when I was younger?
- 我是否有駝背/脊柱后凸？
- Do I have kyphosis (a forward curvature of the back)?

以上情況，若你有一個或一個以上符合，並且已超過 **50** 歲，加拿大骨質疏鬆症協會建議你向醫生作進一步諮詢，看是否需要進行常規背部 **X** 光檢查，診斷脊柱骨折的可能性。

**If you are over 50 and have checked one or more of the above, Osteoporosis Canada recommends that you talk to your doctor about getting checked for the possibility of a spine fracture. This is done with a regular back X-ray.**

## Part C:

經常跌倒會導致骨折。

Frequent falls can lead to broken bones.

- 在過去一年，我是否跌倒過兩次或以上？
- Have I fallen two or more times in the past year?
  
- 我走路是否不平穩？
- Do I have an unsteady walk and poor balance?
  
- 坐下時，我是否需要靠雙手撐住椅子來起身站起來？
- Do I need to push with my arms to get up from a chair?
  
- 我是否需要幫助走路的儀器，如拐杖、助步車、或輪椅？
- Do I need an assistive device such as a cane, walker or wheelchair?

以上情況，如果你有一個或一個以上符合，你跌倒的風險頗高，需要採取預防措施。

**If you have checked one or more of the above, you are at risk of falling and you need to take steps to prevent falls.**