

Please answer each of the following questions with True, False or Don't Know.

1. Osteoporosis leads to an increased risk of bone fractures.  True  False  Don't know
2. Osteoporosis usually causes symptoms before a fracture occurs.  True  False  Don't know  
**\*Often times there are no prior symptoms**
3. Having a higher peak bone mass at the end of childhood does not give protection against the development of osteoporosis in later life.  True  False  Don't know  
**\*Higher peak bone mass decreases risk of osteoporosis**
4. The number of osteoporosis-related fractures is greater than the number of heart attacks and strokes annually for women.  True  False  Don't know
5. T-score obtained from a DXA of  $>-2.0$  indicates osteoporosis.  True  False  Don't know  
**\*T-score  $\leq -2.5$  defines osteoporosis and between  $-1.0$  and  $-2.5$  for osteopenia.**
6. A low body mass index is a risk factor for osteoporosis.  True  False  Don't know
7. Calcium intake of 1000 mg per day is ideal for older adults.  True  False  Don't know  
**\*Calcium intake should be 1200-1500 mg/day taken in 500 mg doses**
8. Sunlight and fish are good sources of vitamin D.  True  False  Don't know
9. A fall is just as important as low bone strength in causing fractures.  True  False  Don't know
10. An effective way to strengthen the abdominals in individuals with osteoporosis is with crunches.  True  False  Don't know  
**\*Abdominal strengthening should be performed in a neutral spine position.**
11. Individuals with osteoporosis usually know which exercises to avoid.  True  False  Don't know  
**\*Many individuals with osteoporosis need to be educated and reminded which types of ex to avoid.**
12. Pilates and yoga are good exercise options for those with osteoporosis.  True  False  Don't know  
**\*True, with modifications to prevent flexion and rotation of the spine**
13. A strengthening exercise program should include spinal extension.  True  False  Don't know
14. Exercises in a sitting position that include trunk rotation are safe for those with osteoporosis.  True  False  Don't know  
**\*Rotation is only safe in an unloaded (lying) position and should not be forceful.**
15. Balance training should be performed one time per week to decrease falls.  True  False  Don't know  
**\*Ideally, balance training should occur 2-3x/wk.**
16. Once an exercise program is set for someone with osteoporosis it should not be progressed because the individual could get hurt.  True  False  Don't know  
**\*Exercises need to be gradually progressed over time for continued benefit.**
17. Resistance training can improve bone density in those with osteoporosis.  True  False  Don't know
18. Regular exercise can prevent osteoporosis-related fractures.  True  False  Don't know
19. Individuals with osteoporosis cannot improve their posture.  True  False  Don't know  
**\*Positive postural changes can be made with consistent effort to correct habits and muscle imbalances.**
20. There are no effective treatments for osteoporosis.  True  False  Don't know  
**\*Osteoporosis is difficult (if possible) to reverse, but there are many effective treatments to manage osteoporosis and prevent its side effects.**