
Osteoporosis
Symptom "Check" Card

Osteoporosis
Symptom "Check" Card

Osteoporosis
Symptom "Check" Card

Osteoporosis
Symptom "Check" Card

Osteoporosis
Symptom "Check" Card

Osteoporosis
Symptom "Check" Card

Osteoporosis
Symptom "Check" Card

Osteoporosis
Symptom "Check" Card

Osteoporosis
Symptom "Check" Card

Osteoporosis
Symptom "Check" Card

- ✓ Loss of height
- ✓ Hunched posture
- ✓ Sudden back pain
- ✓ Weak and brittle fingernails
- ✓ Hump behind neck
- ✓ Receding gums
- ✓ Decreased grip strength
- ✓ Fractured wrist or hip from recent fall

Make an appointment with your doctor if you have 1 or more of these symptoms!

- ✓ Loss of height
- ✓ Hunched posture
- ✓ Sudden back pain
- ✓ Weak and brittle fingernails
- ✓ Hump behind neck
- ✓ Receding gums
- ✓ Decreased grip strength
- ✓ Fractured wrist or hip from recent fall

Make an appointment with your doctor if you have 1 or more of these symptoms!

- ✓ Loss of height
- ✓ Hunched posture
- ✓ Sudden back pain
- ✓ Weak and brittle fingernails
- ✓ Hump behind neck
- ✓ Receding gums
- ✓ Decreased grip strength
- ✓ Fractured wrist or hip from recent fall

Make an appointment with your doctor if you have 1 or more of these symptoms!

- ✓ Loss of height
- ✓ Hunched posture
- ✓ Sudden back pain
- ✓ Weak and brittle fingernails
- ✓ Hump behind neck
- ✓ Receding gums
- ✓ Decreased grip strength
- ✓ Fractured wrist or hip from recent fall

Make an appointment with your doctor if you have 1 or more of these symptoms!

- ✓ Loss of height
- ✓ Hunched posture
- ✓ Sudden back pain
- ✓ Weak and brittle fingernails
- ✓ Hump behind neck
- ✓ Receding gums
- ✓ Decreased grip strength
- ✓ Fractured wrist or hip from recent fall

Make an appointment with your doctor if you have 1 or more of these symptoms!

- ✓ Loss of height
- ✓ Hunched posture
- ✓ Sudden back pain
- ✓ Weak and brittle fingernails
- ✓ Hump behind neck
- ✓ Receding gums
- ✓ Decreased grip strength
- ✓ Fractured wrist or hip from recent fall

Make an appointment with your doctor if you have 1 or more of these symptoms!

- ✓ Loss of height
- ✓ Hunched posture
- ✓ Sudden back pain
- ✓ Weak and brittle fingernails
- ✓ Hump behind neck
- ✓ Receding gums
- ✓ Decreased grip strength
- ✓ Fractured wrist or hip from recent fall

Make an appointment with your doctor if you have 1 or more of these symptoms!

- ✓ Loss of height
- ✓ Hunched posture
- ✓ Sudden back pain
- ✓ Weak and brittle fingernails
- ✓ Hump behind neck
- ✓ Receding gums
- ✓ Decreased grip strength
- ✓ Fractured wrist or hip from recent fall

Make an appointment with your doctor if you have 1 or more of these symptoms!

- ✓ Loss of height
- ✓ Hunched posture
- ✓ Sudden back pain
- ✓ Weak and brittle fingernails
- ✓ Hump behind neck
- ✓ Receding gums
- ✓ Decreased grip strength
- ✓ Fractured wrist or hip from recent fall

Make an appointment with your doctor if you have 1 or more of these symptoms!

- ✓ Loss of height
- ✓ Hunched posture
- ✓ Sudden back pain
- ✓ Weak and brittle fingernails
- ✓ Hump behind neck
- ✓ Receding gums
- ✓ Decreased grip strength
- ✓ Fractured wrist or hip from recent fall

Make an appointment with your doctor if you have 1 or more of these symptoms!