

04 Chiba City Osteoporosis Examination Record Sheet Expiration date February 28, 2023

address (as registered)	〒 - Chiba City Ward
Furigana Full name	
Date of birth:	year: month: day
phone number	(Cell phone etc, available during week days, daytime)

<Request to the medical institution.>
If you are a medical institution, please attach a consultation ticket sticker here.
←※ Please check if there are any omissions in the address, etc. written by the patient in the thick frame on the left.

Examination Fee

Free for over 70

22 721

Medical Institution Code

Medical Institution Name

Address

Doctor's Name

* For individual medical institutions, enter the name of a registered doctor for osteoporosis screening in Chiba City. (A seal is required if not signed)

Please circle or fill in the following items.

Illnesses treated in the past or currently being treated	1 Kidney disease 4 Osteoporosis 7 Diabetes 2 Liver disease 5 Thyroid disease 8 Other diseases 3 Dyslipidemia 6 Rheumatoid arthritis ()
medication history	<Steroid hormone agent> 2 Never taken orally 3 Was taking medication in the past 4 Currently taking medication Osteoporosis drug 1 Yes 2 No
Current low back pain	1 No pain 3 Tolerable 2 Anxiety 4 Need painkillers
History of past fractures	1 Yes Age of most recent fractures (around age) 2 None
Fracture site	1 Femur (base of leg) 4 Humerus (shoulder) 5 Other 2 wrist 6 lumbar spine ()
Fracture cause	1 Fall (indoor) 3 Traffic accident 5 Others 2 Fall (outdoor) 4 Fall ()
Recent (within 3 mos) experience of falling	1 Yes number of times () Location () 2 None
Past history of osteoporosis screening	1 Yes (year) 2 None
Status of blood relatives (parents, siblings)	Femur fracture 1 Yes 2 No Bent waist/back 1 Yes 2 No Osteoporosis 1 Yes 2 No
Height	20 yrs old . . . cm Current . . . cm
current weight	. . . kg

current regular exercise	1 walking 2 jogging 3 swimming 7 Other () 8 None
If currently exercising, total exercise time per week	1 4 hours or more 2 2-4 hours 3 Less than 2 hours
History of regular exercise in the past	1 Yes (teens, 20s) 2 No
Extreme diet experience	1 Yes (about months at age) 2 No
Presence or absence of menstruation	1 Mostly normal 2 Occasionally 3 No more than 1 year
Reason for not more than a year	menopause 1 Natural menopause 2 Removal of only the uterus 3 Removal of both ovaries only 4 Uterine and Unilateral Ovariectomy 5 Hysterectomy and Bilateral Ovariectomy 6 Others 9 Not menopausal (age)
Childbirth experience	1 Yes (times) 2 No
Smoking status	1 20 or more cigarettes a day 3 Quit smoking 2 1 to 19 cigarettes a day 4 Never smoked before
Smoking period	From around age
interest in quitting smoking	1 I want to quit smoking within 1 month 2 I want to quit smoking eventually alcohol
drinking frequency	1 Daily 3 1-2 times a week 2 3-6 times a week 4 Never
Amount of alcohol per day	1 Sake (cup) 5 Other (cup) 2 beer (bottles) (name pf brand)

current dietary intake

Item	Daily	3-6 /week	1-2/week	Rarely
Milk/dairy products (cheese/yogurt)	1	2	3	4
Soy products (tofu, natto)	1	2	3	4
Fish (fresh, processed, all)	1	2	3	4
Small fish that can be eaten whole	1	2	3	4
Meat (fresh, processed, all)	1	2	3	4
Green/yellow vgtbls (Komatsuna, carrots, etc.)	1	2	3	4
Seaweed (whether fresh or dried)	1	2	3	4
Calcium tablet/supplements	1	2	3	4
Processed food/Instant food	1	2	3	4
Snacks and carbonated drinks	1	2	3	4

Year	2 0 yr mo day
Measurement method	1 X-ray examination (MD method, DIP method, SXA method) 2 DXA method 3 CT exam (pQCT method) 4 Ultrasound exam (QUS method)
Inspection evaluation	1 No abnormality (90% or more standard) 2 Guidance required (80% or more to less than 90%) 3 Medical care required (less than 80%)
Measurement results	1 second metacarpal 2 femoral neck 3 lumbar spine 4 radius 5 calcaneus Bone density (YAM value) %
Comprehensive judgment	1 No abnormality detected 2 Needs guidance 3 medical care required 1 treatment at our hospital 2 follow-up at our hospital 3 Referral to other medical inst ()
remarks	

For those who have undergone an osteoporosis examination

Read the explanation below about osteoporosis screening results. It will be useful for osteoporosis prevention, early detection and treatment in the future.

★ Let's know the results of the examination. Ask the medical institution where you took the test to explain the results.

If you are taking a group checkup, please check the mailed results.

Which of the following was the "judgment"?

- ☐ No abnormalities found.....→ to ①
- ☐ Guidance required→ to ②
- ☐ Medical care required→ to ③

① Those who do not recognize any abnormalities
"No abnormalities were found in this examination."
"Please continue to live a life that prevents osteoporosis."

② Those who need guidance

In addition to looking back on daily life,
Please try to improve your lifestyle by using health consultations.

"If you have subjective symptoms, consult a doctor."

③ Those who require medical care

"need a thorough examination and treatment."

★How to read the results of osteoporosis screening

Bone density is expressed as the % of bone mass of 20 to 44 years old.

Bone density (%)	Judgment
No abnormalities no risk 90% or more	
> 90% have risk factors	Guidance required
80% or more and less than 90%	
Less than 80%	medical care

* Judgment criteria based on the Osteoporosis Prevention Manual.

* Risk factors include family history of osteoporosis, menstrual history, steroid use and lifestyle related to (exercise, diet, etc.).

★What is osteoporosis?

Due to the decrease in bone density and deterioration of bone quality, bone strength decreases and bone fractures become more likely.

In particular, women are said to be prone to osteoporosis because their bones are naturally thin and the secretion of female hormones, which are the basis of bone formation, decreases rapidly after menopause.

★Prevention points

(1) Everyone loses bone density as they age, but lifestyle habits are closely related to how it decreases.

② Take plenty of calcium and vitamin D to help absorb calcium. In addition, vitamin D is synthesized in the body when exposed to moderate sunlight.

③ Eat a well-balanced diet based on staple food, main dish, and side dish.

④ Do exercise that suits you. Walking and shopping can also be exercise.

When you exercise, the stimulus is transmitted to the bones, and the work of building bones becomes active.

⑤ Quitting smoking is also effective. Also, alcohol, caffeine, and instant foods hinder the absorption of calcium, so be careful not to take too much.

Health consultation

The Health Division of each ward's Health and Welfare Center provides health consultations on lifestyle-related diseases and prevention of osteoporosis, as well as smoking cessation support (individual consultations for those who wish to quit smoking). In addition, please note that the Health Division may inform you about health-related lectures, etc. For information on the Health Division, please see the "Information on cancer screening, etc."

Please note that the examination results may be aggregated and published. However, when publishing, only the aggregated figures will be published, and personal information such as names will not be published at all.

[Inquiries regarding examinations]
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