

Osteoporosis Self-Assessment Tool for Asians (OSTA)

测试亚洲骨质疏松症自我测试工具

		Weight 体重 (kg)							
		40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
Age 年龄 (years)	45-49	Low	Moderate						
	50-54	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
	55-59	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
	60-64	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
	65-69	High	Moderate						
	70-74	High	High	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
	75-79	High	High	High	Moderate	Moderate	Moderate	Moderate	Moderate
	80-84	High	High	High	High	Moderate	Moderate	Moderate	Moderate
	85-89	High	High	High	High	High	Moderate	Moderate	Moderate

Osteoporosis Risk: 患上骨质疏松症的机率 :

High 高
Moderate 中
Low 低