Appendix 4

OSTA Osteoporosis Self-Assessment Tool for Asians [89] (Level I)

Osteoporosis Self-Assessment Tool for Asians (OSTA)

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