

# YELLOW FATE CARDS

Photocopy the following "Fate Cards" on yellow paper or cardstock. Cut out each card and print the word "Fate Card" on the back of each card.

**You are female.**  
*Y - Pay 150 "Osteo-coins"*

**You are a  
small-framed woman.**  
*Y - Pay 150 "Osteo-coins"*

**You are male.**  
*Y - Earn 150 "Osteo-coins"*

**You are Caucasian.**  
*Y - Pay 150 "Osteo-coins"*

**You are Asian.**  
*Y - Pay 150 "Osteo-coins"*

**You are Black.**  
*Y - Earn 150 "Osteo-coins"*

**Both your mother,  
grandmother, and one aunt  
suffered with osteoporosis.  
This family history makes  
you at risk.**  
*Y - Pay 150 "Osteo-coins"*

**In tracing your family medical  
history, you learn that there is  
no record of your ancestors  
suffering from osteoporosis.  
This makes you less at risk of  
developing the disease.**  
*Y - Earn 150 "Osteo-coins"*

You have an overactive parathyroid gland. Since the normal function of parathormone is to remove calcium from bone as your body needs it, you are experiencing some bone density loss before you start hormone treatments.

*Y - Pay 150 "Osteo-coins"*

Your thyroid gland is diseased. This gland is over-producing thyroid hormone.

*Y - Pay 150 "Osteo-coins"*

You experienced menopause at an early age (before 40). When a woman undergoes menopause, her estrogen level sharply drops. Estrogen helps protect against bone loss. You are now at a greater risk for osteoporosis.

*Y - Pay 150 "Osteo-coins"*

You continue to suffer with Anorexia Nervosa as a young adult. This eating disorder which affects many body systems and your continued low calcium intake will result in loss of bone mass.

*Y - Pay 150 "Osteo-coins"*

Because you have had your ovaries surgically removed, your body can no longer make sufficient estrogen. The loss of the protective effect of estrogen produced by the ovaries increases your risk for fractures.

*Y - Pay 150 "Osteo-coins"*

You are a heavy drinker. Alcohol consumption aggravates bone loss and leaves you more prone to falls and other accidents.

*Y - Pay 150 "Osteo-coins"*

## INFORMATION FOR "OS MASTER" YELLOW FATE CARDS

Photocopy on yellow paper, then provide the "Os Master" with a copy of this "Yellow Fate Cards" information.

1. You are female. *Y - Pay 150 "Osteo-coins"*
2. You are a small-framed woman. *Y - Pay 150 "Osteo-coins"*
3. You are male. *Y - Earn 150 "Osteo-coins"*
4. You are Caucasian. *Y - Pay 150 "Osteo-coins"*
5. You are Asian. *Y - Pay 150 "Osteo-coins"*
6. You are Black. *Y - Earn 150 "Osteo-coins"*
7. Both your mother, grandmother, and one aunt suffered with osteoporosis. This family history makes you at risk. *Y - Pay 150 "Osteo-coins"*
8. In tracing your family medical history, you learn that there is no record of your ancestors suffering from osteoporosis. This makes you less at risk of developing the disease. *Y - Earn 150 "Osteo-coins"*
9. You have an overactive parathyroid gland. Since the normal function of parathormone is to remove calcium from bone as your body needs it, you are experiencing some bone density loss before you start hormone treatments. *Y - Pay 150 "Osteo-coins"*
10. Your thyroid gland is diseased. This gland is over-producing thyroid hormone. *Y - Pay 150 "Osteo-coins"*
11. You experienced menopause at an early age (before 40). When a woman undergoes menopause, her estrogen level sharply drops. Estrogen helps protect against bone loss. You are now at a greater risk for osteoporosis. *Y - Pay 150 "Osteo-coins"*
12. You continue to suffer with Anorexia Nervosa as a young adult. This eating disorder which affects many body systems and your continued low calcium intake will result in loss of bone mass. *Y - Pay 150 "Osteo-coins"*
13. Because you have had your ovaries surgically removed, your body can no longer make sufficient estrogen. The loss of the protective effect of estrogen produced by the ovaries increases your risk for fractures. *Y - Pay 150 "Osteo-coins"*
14. You are a heavy drinker. Alcohol consumption aggravates bone loss and leaves you more prone to falls and other accidents. *Y - Pay 150 "Osteo-coins"*