

The NOF (National Osteoporosis Foundation) Score

Overview:

Cadarette et al defined the NOF score to incorporate the recommendations made by the National Osteoporosis Foundation (NOF) for identifying postmenopausal women who may should have imaging studies for osteoporosis.

Parameters:

(1) age

(2) body weight

(3) personal history of fracture after minimal trauma

(4) family history of fractures (maternal or paternal history of hip wrist or vertebral fracture when \geq 50 years of age)

(5) current cigarette smoking

Parameter	Finding	Points
age	\geq 65 years	0
	< 65 years	1
body weight	\geq 57.6 kg	0
	< 57.6 kg	1
personal history of fracture after minimal trauma	absent	0
	present	1
family history of fracture	absent	0
	present	1
cigarette smoking	none or past	0
	current	1

NOF score =

= SUM(points for all 5 parameters)

Interpretation:

- minimal score: 0
- maximal score: 5
- The higher the score the greater the number of risk factors for fractures.

- A woman with a score ≥ 1 should be screened for osteoporosis.

References:

Cadarette SM Jaglal SB et al. Evaluation of decision rules for referring women for bone densitometry by dual-energy X-ray absorptiometry. JAMA. 2001; 286: 57-63. (Table 1 page 59)

National Osteoporosis Foundation. Physician's Guide to Prevention and Treatment of Osteoporosis. Belle Mead NJ. Excerpta Medica Inc. 1999.