Protect yourself against weak and fragile bones that break easily.

An enormous burden worldwide

- 1/3 globally over 50 will suffer an osteoporotic fracture.
- An enormous burden worldwide.
- Disability and loss of independence.

Hip fracture

- 40% unable to walk independently.
- 60% require assistance a year later.
- Mortality up to 20-24% in the first year after a hip fracture.

Underdiagnosed and undertreated

- Only 1/3 of vertebral fractures come to clinical attention.
- Only ~80% of people have had at least one osteoporotic fracture, are neither identified nor treated for osteoporosis.

At Risk? Get Tested

- Be alert to your risk factors.
- The IOF 1 Minute Osteoporosis Risk Test.
- People with T-scores lower than -2.5 should undergo testing for osteoporosis.

PREVENT FALLS CA. 10-15% OF FALLS IN SENIORS RESULT IN FRACTURE UP TO 70%

BONE-HEALTHY LIFESTYLE

- Nutritious diet rich in calcium, protein, vitamin D & exercise.

Support treatment

- Reduction in risk of fractures through effective treatment options.

Understand your risk

- People with type 1 diabetes have lower bone mineral density and a higher risk of osteoporotic fractures.
- People with at least one osteoporotic fracture, are neither identified nor treated for osteoporosis.
- The incidence of fractures is twice as high in women using oral glucocorticoids compared to non-users.
- Women have higher risk of hip and wrist fractures.

At risk? Get tested.

- ASK YOUR DOCTOR FOR A BONE HEALTH ASSESSMENT.
- Who have had at least one osteoporotic fracture, are neither identified nor treated for osteoporosis.

Hip fracture

- Loss of function and independence among survivors.

Osteoporosis & Fractures

- Normal bone
- Osteoporotic bone
- Broken bone

More than 8.9 million fractures every 3 seconds.

- Causes:
  - Hip fracture increase 310%.
  - Vocal cord fracture increase 240%.

50% of people with one osteoporotic fracture will have another.

50% of vertebral fractures come to clinical attention.

Only ~40% of women receive chronic oral glucocorticoids, even under testing or treatment.

From 1990 to 2050, the incidence of hip fractures is expected to increase by 27% higher than prostate cancer risk.

People with type 1 diabetes have lower bone mineral density and a higher risk of osteoporotic fractures.

Incidence of fractures is twice as high in women using oral glucocorticoids compared to non-users.