STOP AT ONE

MAKE YOUR FIRST BREAK YOUR LAST

Osteoporosis doesn’t reveal itself until you break a bone, often at the wrist or spine. Prevent a larger problem by taking action now.

If you are over 50 and have broken a bone, get tested for osteoporosis.

1. ASK A DOCTOR
   If you have a fracture, ask a doctor if it could be osteoporosis.

2. GET TESTED
   If you’re over 50 and have had a broken bone, get tested.

3. GET TREATED
   If you have osteoporosis, ask a doctor about your treatment options.

Visit www.worldosteoporosisdoday.org for more information.