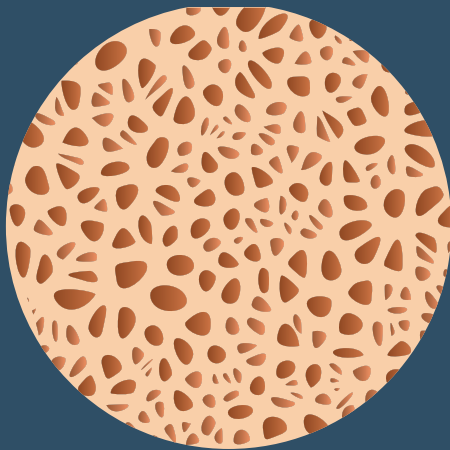


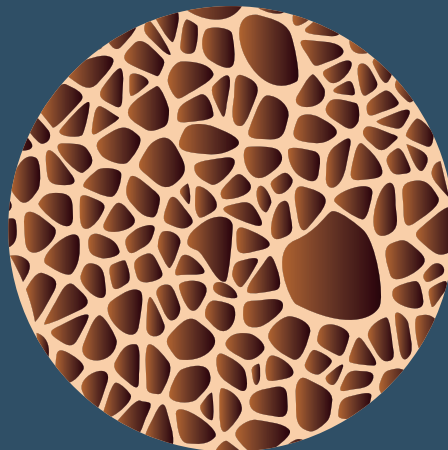
# *Protect yourself* against

## OSTEOPOROSIS & FRACTURES

**WEAK AND FRAGILE BONES THAT BREAK EASILY**



Normal bone



Osteoporotic bone



Broken bone

# An enormous burden worldwide



**1/3**



**1/5**

**GLOBALLY  
OVER 50  
WILL SUFFER AN  
OSTEOPOROTIC  
FRACTURE**

**+8.9  
million  
FRACTURES  
ANNUALLY**

1 fracture  
**every 3 sec**

**HIP FRACTURE INCREASE**

**1990 → 2050**

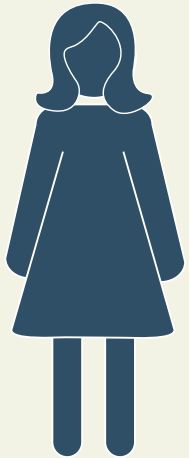


**+310%**



**+240%**

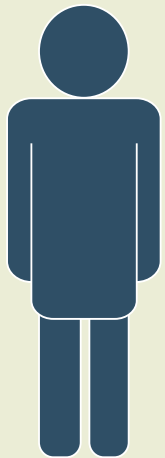
# Disability and loss of independence



AGED 45+

OSTEOPOROSIS ACCOUNTS FOR  
**MORE DAYS  
IN HOSPITAL**  
THAN OTHER DISEASES LIKE

**BREAST CANCER  
MYOCARDIAL INFARCTION  
DIABETES & OTHERS**



**FRACTURE RISK** OF THE  
HIP **27** **HIGHER**  
% THAN PROSTATE  
CANCER RISK

# Hip fracture

LOSS OF FUNCTION AND INDEPENDENCE AMONG SURVIVORS

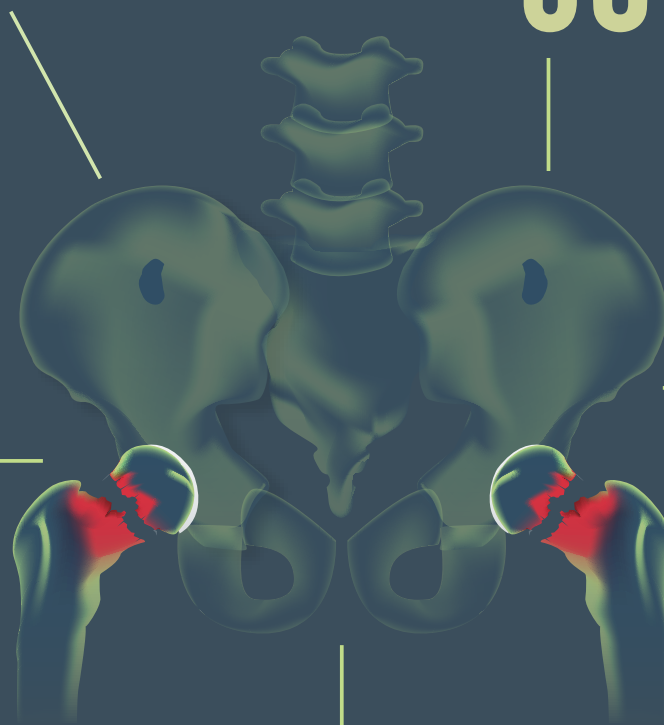
**40%** **UNABLE** TO WALK  
INDEPENDENTLY

**60%** **REQUIRE**  
ASSISTANCE  
A YEAR LATER

**33%**  
**DEPENDENT**  
OR IN A NURSING  
HOME IN THE YEAR  
FOLLOWING  
A HIP FRACTURE

**Mortality**  
**UP TO 20-24%**  
IN THE FIRST YEAR  
AFTER A HIP FRACTURE

**50%** **OF PEOPLE WITH ONE**  
OSTEOPOROTIC FRACTURE WILL HAVE ANOTHER



# Underdiagnosed and undertreated

ONLY **1/3** OF VERTEBRAL FRACTURES  
COME TO CLINICAL ATTENTION

~ **80%**  
OF PEOPLE

WHO HAVE HAD AT LEAST ONE  
OSTEOPOROTIC FRACTURE, ARE  
NEITHER IDENTIFIED NOR TREATED FOR  
OSTEOPOROSIS



**ONLY ~ 40%**  
OF HIGH RISK  
**CHRONIC ORAL**  
**GLUCOCORTICIDS**  
USERS HAVE TESTING  
OR TREATMENT



**PEOPLE WITH**  
**TYPE 1 DIABETES**  
HAVE LOWER BONE  
MINERAL DENSITY  
AND A **HIGHER RISK**  
OF OSTEOPOROTIC  
FRACTURES



**INCIDENCE OF FRACTURES**  
IN **COELIAC SUFFERERS**  
IS **HIGHER** COMPARED TO  
NON-SUFFERERS, WITH  
**INCREASES OF 90% AND**  
**ALMOST 80% FOR HIP**  
**AND WRIST FRACTURES**

# At Risk? Get Tested



AGED  
50+?



BE ALERT TO YOUR  
**RISK FACTORS**

TAKE THE  
IOF ONE MINUTE  
OSTEOPOROSIS  
RISK TEST

HAVE RISK  
**FACTORS?**

**ASK YOUR**  
DOCTOR FOR A  
**BONE HEALTH**  
**ASSESSMENT**

# Protect yourself



up to **70%**  
**REDUCTION IN RISK**  
OF FRACTURE THROUGH  
EFFECTIVE TREATMENT OPTIONS



**PREVENT FALLS**  
**CA. 10-15%**  
OF FALLS IN SENIORS  
RESULT IN FRACTURE



**BONE-HEALTHY LIFESTYLE**  
NUTRITIOUS DIET RICH IN CALCIUM,  
PROTEIN, VITAMIN D & EXERCISE  
SUPPORT TREATMENT

#LoveYourBones

[www.worldosteoporosisday.org](http://www.worldosteoporosisday.org)

[www.iofbonehealth.org](http://www.iofbonehealth.org)