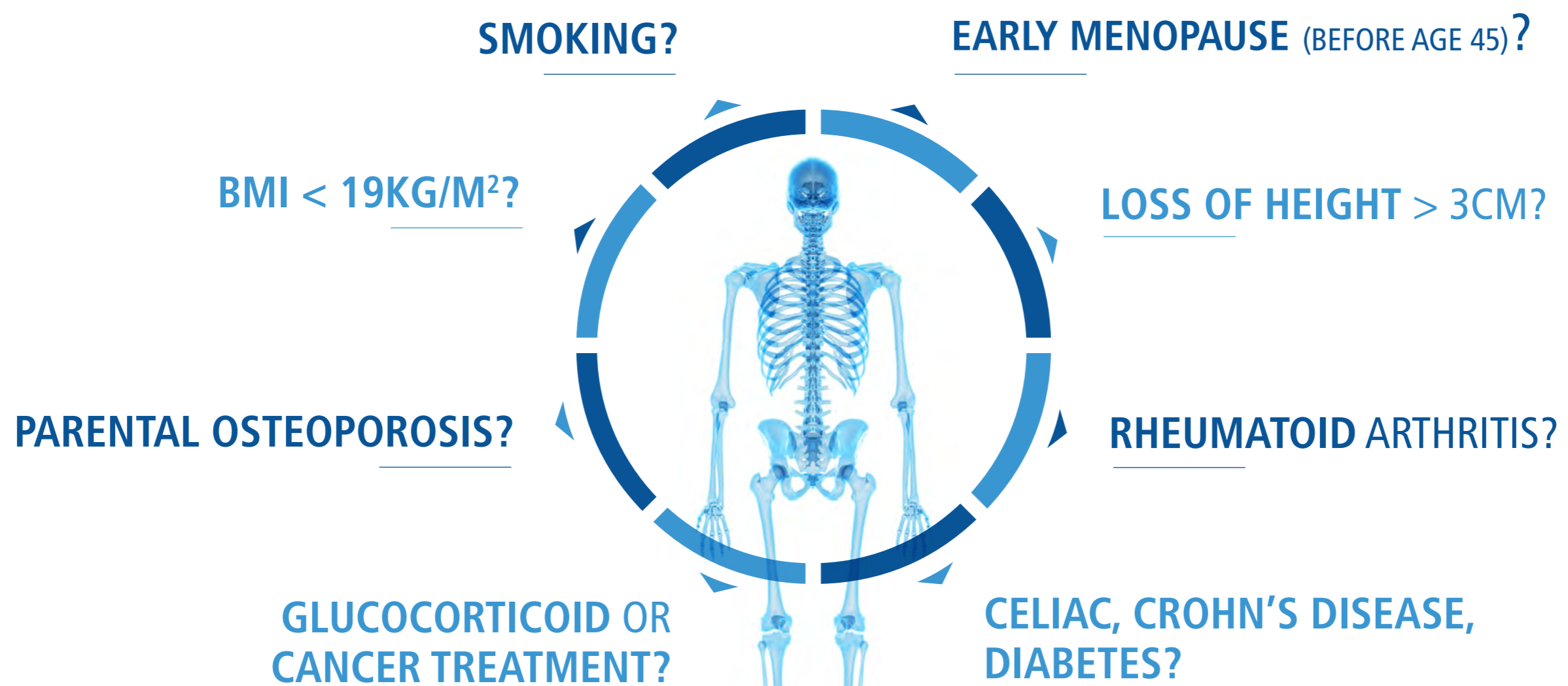


- OSTEOPOROSIS -

KNOW YOUR RISK FACTORS

BROKEN A BONE AFTER AGE 50? → **IF YOU'VE SUFFERED 1 FRACTURE** YOU'RE AT **2X THE RISK OF ANOTHER**

+ MORE COMMON RISK FACTORS



TO LEARN MORE

TAKE THE IOF ONE-MINUTE OSTEOPOROSIS RISK TEST

TAKE PREVENTIVE ACTION

01.

LEAD A **BONE**
HEALTHY LIFESTYLE



02.

TALK TO YOUR
DOCTOR



03.

ASK FOR
TESTING



04.

STICK TO **TREATMENT**
IF PRESCRIBED

