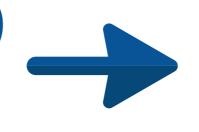
- OSTEOPOROSIS -KNOW YOUR RISK FACTORS

BROKEN A BONE AFTER AGE 50 -



IF YOU'VE SUFFERED 2X THE RISK OF ANOTHER

+ MORE COMMON RISK FACTORS

SMOKING?

EARLY MENOPAUSE (BEFORE AGE 45)?

 $BMI < 19KG/M^2$?

LOSS OF HEIGHT > 3CM?

RHEUMATOID ARTHRITIS?

PARENTAL OSTEOPOROSIS?

GLUCOCORTICOID OR **CANCER TREATMENT?**

CELIAC, CROHN'S DISEASE, **DIABETES?**

TO LEARN MORE

TAKE THE IOF ONE-MINUTE OSTEOPOROSIS RISK TEST

LEAD A **BONE HEALTHY LIFESTYLE**



TALK TO YOUR **DOCTOR**



03.

ASK FOR TESTING



STICK TO TREATMENT IF PRESCRIBED



