Protect yourself against osteoporosis & fractures. Weak and fragile bones that break easily.
An enormous burden worldwide

GLOBALLY OVER 50 WILL SUFFER AN OSTEOPOROTIC FRACTURE

1/3

1/5

+8.9 million fractures annually

1 fracture every 3 sec

HIP FRACTURE INCREASE 1990 → 2050

+310%

+240%
Disability and loss of independence

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

Breast Cancer
Myocardial Infarction
Diabetes & Others

AGED 45+

FRACTURE RISK UP TO 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

1/3 of vertebral fractures come to clinical attention only.

~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 glucocorticoids 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

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
REDUCTION IN RISK OF FRACTURE THROUGH EFFECTIVE TREATMENT OPTIONS

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

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

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

#LoveYourBones
www.worldosteoporosisd.org www.iofbonehealth.org