



Love your bones, protect your future.

Osteoporosis is a problem worldwide. In many countries, one in two women and one in four men aged 50 years or over will suffer from an osteoporotic fracture. Osteoporosis causes bones to become weak and fragile, so that they break easily—even as a result of a minor fall, a bump, a sneeze, or sudden movement. Fractures caused by osteoporosis can be life-threatening and a major cause of pain and long-term disability.

Five steps to a fracture-free future:

1. Exercise regularly.

Weight bearing, muscle-strengthening and balance-training exercises are best.

2. Ensure a diet rich in bone-healthy nutrients.

Calcium, Vitamin D and protein are very important for bone health. Safe exposure to sunshine will help you get enough Vitamin D.

3. Avoid negative lifestyle habits.

Maintain a healthy body weight, avoid smoking and excessive drinking.

4. Find out whether you have risk factors.

If you have risk factors for osteoporosis, bring them to a doctor's attention, especially if you've had a previous fracture or have specific diseases and medications that affect bone health.

5. Get tested and treated if needed.

If you're at high risk, you will likely need medication to ensure optimal protection against fracture.

Source: www.iofbonehealth.org

Be proactive.

Speak to your healthcare provider to see if you're at risk and need to get tested.

