

- 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

SMOKING?

EARLY MENOPAUSE (BEFORE AGE 45)?

BMI < 19KG/M²?

HEIGHT LOSS > 4 CM

PARENTAL OSTEOPOROSIS?

RHEUMATOID ARTHRITIS?

GLUCOCORTICOID OR
CANCER TREATMENT?

CELIAC, CROHN'S DISEASE,
DIABETES?

TO LEARN MORE

TAKE THE IOF OSTEOPOROSIS RISK CHECK

TAKE ACTION FOR BONE HEALTH

01.

LEAD A **BONE**
HEALTHY LIFESTYLE



02.

TALK TO YOUR
DOCTOR



03.

ASK FOR
TESTING



04.

STICK TO **TREATMENT**
IF PRESCRIBED

