A BROKEN BONE CAN HAPPEN TO ANYONE

BE AWARE

Osteoporosis is a silent disease that may have no symptoms until a fracture occurs.

Every 00:15 seconds a fracture is caused by osteoporosis.

1 IN 2 WOMEN AGED 50+ will have a fracture caused by osteoporosis.

Uncontrollable Risk Factors

- 50+: Being over age 50
- Female: Being female
- Menopause: Menopause
- Family history of osteoporosis: Family history of osteoporosis
- Low body weight/being small and thin: Low body weight/being small and thin
BE INFORMED

“FRAGILITY FRACTURE”
(breaking a bone after falling from a standing height or less) may be due to postmenopausal osteoporosis

THE CONNECTION IS OFTEN MISSED between a fracture and postmenopausal osteoporosis

FOR A WOMAN WITH POSTMENOPAUSAL OSTEOPOROSIS, a small activity like sneezing could result in a spinal fracture

RISK OF FRACTURE IS 6X MORE LIKELY within 1 year of the first low-impact fracture
BE YOUR OWN ADVOCATE

Start a Bone Health Conversation With Your Doctor. Ask for a bone density scan before a fracture happens.

Learn your T-score to understand your fracture risk

TREATMENT OPTIONS THAT MAY REDUCE YOUR RISK OF FRACTURE

ANABOLICS
Osteoporosis treatments that help build new bone

ANTIRESORPTIVES
Osteoporosis treatments that help slow bone loss
# BE PROACTIVE WITH LIFESTYLE CHANGES

- Enough calcium and vitamin D
- Plenty of fruits and vegetables
- Mindful of salt and caffeine intake
- Maintain an active lifestyle*
- Limit alcohol and no smoking

*Remember to always consult a healthcare professional before starting or changing an exercise routine

---

## EAT SMARTER EVERY DAY

1200 mg CALCIUM through food and supplements is recommended to help build bones, and VITAMIN D to help absorb calcium

---

## EXERCISE REGULARLY

Weight-bearing exercise can help build bone and better balance can help to avoid falls

---

## CUT DOWN OR STOP

ALCOHOL AND SMOKING
Both can reduce bone mass and weaken bones

---

Learn How To Reduce Your Risk

[www.fracturedtruths.com](http://www.fracturedtruths.com)

and like the Fractured Truth Facebook page

[www.facebook.com/fracturedtruth](http://www.facebook.com/fracturedtruth)

© 2019 Radius Health, Inc. All rights reserved. 4/19 DS-Osteo-US-01132