



World **OSTEOPOROSIS** Day
October 20

OSTEOPOROSIS IS OFTEN
CALLED THE '**SILENT DISEASE**'

ANNUALLY, IN PEOPLE AGED 55+, UP TO

37 MILLION

FRAGILITY FRACTURES

70 FRACTURES PER MINUTE

1/3 WOMEN

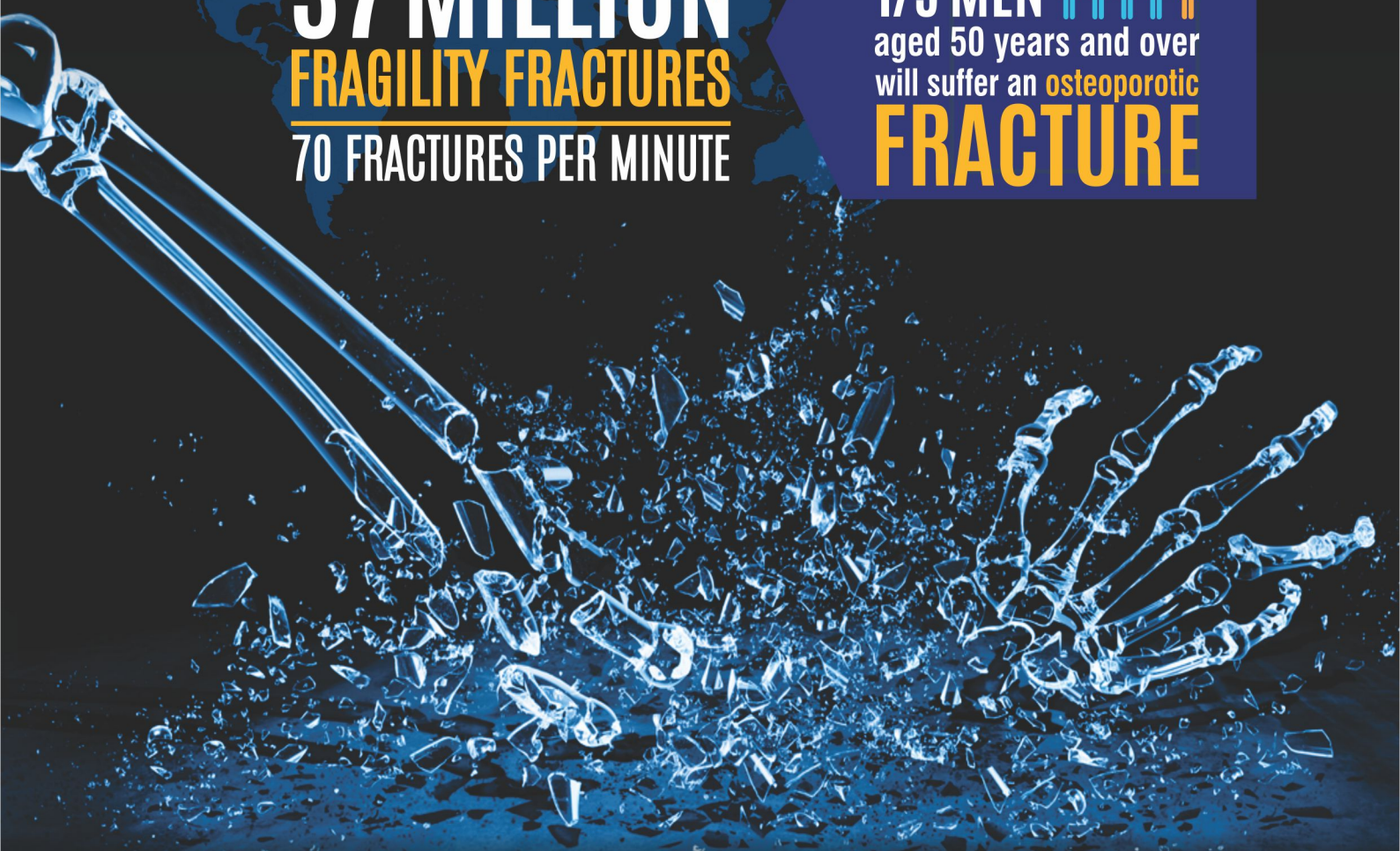


1/5 MEN



aged 50 years and over
will suffer an **osteoporotic**

FRACTURE



IT'S UNACCEPTABLE

STOP THE NEGLECT OF **BONE** HEALTH!

STEP UP

FOR BONE HEALTH

1. EAT FOR STRONG BONES



Include foods rich in calcium, protein, vitamins & minerals

Calcium: Milk, Yogurt, Cheese, Fortified Soy

Protein: Meat, Fish, Eggs, Nuts, Beans

Vitamins & Minerals:
Vitamin D, K, Zinc, Magnesium



Sunlight:
10–20 min/day
for vitamin D

2. EXERCISE



30–40 min, 3–4 times/week

Weight-bearing:
Walking, Jogging, Dancing

Resistance:
Lifting weights, Push-ups,
Balance exercises to
prevent falls

3. MAINTAIN HEALTHY WEIGHT

Aim for BMI > 19

Body Mass Index



- Below 19 : Underweight
- 19–24.9 : Normal
- 25–29.9 : Overweight
- 30+ : Obese

4. AVOID HARMFUL HABITS

**Don't smoke,
limit alcohol**

>2 drinks/day
increases fracture risk-



Smoking nearly doubles
risk of hip fracture

5. KNOW YOUR RISKS

Watch for personal risk factors

-  Height loss ≥ 4 cm (1.5" & more)
-  Family history of hip fracture
-  Long-term steroids or cancer treatment
-  Diseases: rheumatoid arthritis, diabetes
-  Menopause before 45 years

Ref: International Osteoporosis Foundation (IOF). What is osteoporosis? In: World Osteoporosis Day [Internet]. [cited 2025 Sep 9]

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