



World Osteoporosis Day

20th October 2026

BUILD, PROTECT AND STRENGTHEN

*Your Bones
for Life*



5 STEPS TO HEALTHY BONES AND A FRACTURE-FREE FUTURE



EXERCISE REGULARLY

Stay active with weight-bearing, strengthening and balance exercises.



CHOOSE BONE-HEALTHY NUTRITION

Get enough calcium, vitamin D and protein through a balanced diet.



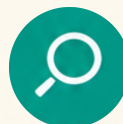
AVOID UNHEALTHY HABITS

Maintain a healthy weight, avoid smoking and limit alcohol.



KNOW YOUR RISK FACTORS

Talk to your doctor about your risk, especially after a fracture or with certain medicines or conditions.



GET TESTED AND TREATED IF NEEDED

If you are at high risk, testing and appropriate treatment can help protect against fractures.



TAKE THE IOF OSTEOPOROSIS RISK CHECK

To find out whether you could be at risk

TALK TO YOUR DOCTOR AND ASK FOR TESTING AND TREATMENT IF NEEDED.



Makers of

MaxCal
(High Strength Ca+Vit D, +Mg+Zn+Mn+B+Cu)

Maxlen
Alendronate Tablets 70 mg
Assured results in osteoporosis

MEDITROL
Calcitriol 0.25mcg softgel

RESIDRON
Risedronate Sodium Tablets 35mg

Zoruxa
Zoledronic acid Injection
5mg/100mL

Disclaimer: This information is for educational purposes only and does not replace medical advice. Consult a qualified healthcare professional for diagnosis and treatment.

MEGA We care