



**One broken bone doesn't have  
to lead to another.**

## **Osteoporosis can be a preventable disease**

Osteoporosis is an issue for all Australians. One in two women and one in three men in Australia over 60 will suffer broken bones due to osteoporosis.

However, with 30 minutes specific exercise, a balanced diet high in calcium and sufficient vitamin D, it's a disease that's largely preventable. It's not just part of getting older.

Loss of 3cm in height, sudden and severe back pain, or an increased bend in your spine can all be signs that you've had an osteoporotic fracture in your spine. And breaking a bone after a minor trip, bump or fall can mean you have osteoporosis.

More details of how to help prevent osteoporosis are available in five multilingual versions at [www.osteoporosis.org.au](http://www.osteoporosis.org.au).

You can also visit your local GP for more information.



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