SPOT THE SIGNS OF A BREAKING SPINE!

Signs of vertebral fractures, particularly in people over 50 years of age, may include:

- **HEIGHT LOSS**
  - More than 3 cm
  - Just over 1 inch

- **STOOPEDED BACK**
  - Curvature of the spine

- **SUDDEN, SEVERE BACK PAIN**
  - In the mid or lower spine

Spine fractures most commonly occur near the waistline, or slightly above it (mid-chest) or below it (lower back). The pain is usually there all the time, but often gets worse with movement, particularly when changing positions.

If you suspect you could have vertebral fractures, be proactive in seeking help. Don’t just assume that your sudden back pain is due to arthritis, muscle strain or other causes – ask for a spine X-ray and get checked for osteoporosis.

www.osteoporosis.org.au