

# Osteoporosis an avoidable threat!

## Factors that can accelerate bone loss

- Family history
- Menopause
- Other existing chronic conditions

## Tips to ensure a bone-healthy lifestyle regardless of your age



### Exercise regularly

Weight-bearing, muscle strengthening and balance-training exercises are highly encouraged.



### Ensure a diet rich in bone-healthy minerals

- Calcium, vitamin D and protein are essential for bone health.
- Safe exposure to sunlight will help you get enough vitamin D.



### Avoid negative lifestyle habits

- Maintain a healthy body weight.
- Avoid smoking and excessive drinking.



### Find out whether you have risk factors - get tested and treated if required

Inform your doctor especially if you have suffered from a previous fracture or have specific diseases and medications which may affect bone health.

If you are at high risk, you will likely need medication to ensure optimal protection against fracture.

**Take action early to prevent Osteoporosis and  
fight this 'silent' disease!**

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