



OSTEOPOROSIS AND FRACTURES

OSTEOPOROSIS IS COMMON



Osteoporosis is responsible for an estimated **two million broken bones** per year, yet nearly 80 percent of older Americans who suffer bone breaks are not tested or treated for osteoporosis.



One in two women and up to **one in four men** over age 50 will break a bone due to osteoporosis.

OSTEOPOROSIS IS SERIOUS, EVEN DEADLY



A woman's risk of fracture is equal to her combined risk of breast, uterine and ovarian cancer.



A man is more likely to break a bone due to osteoporosis than he is to get prostate cancer.



24 percent of hip fracture patients age 50 and over die in the year following the fracture.



Six months after a hip fracture, only 15 percent of patients can walk across a room unaided.



Every year, of nearly 300,000 hip fracture patients, one-quarter end up in nursing homes and half never regain previous function.

OSTEOPOROSIS IS COSTLY



Osteoporosis-related bone breaks cost patients, their families and the healthcare system **\$19 billion annually**.



By 2025, experts predict that osteoporosis will be responsible for three million fractures resulting in **\$25.3 billion in costs**.

OSTEOPOROSIS IS MANAGEABLE



Eating a **healthy diet** and **exercising** regularly can help slow or stop the loss of bone mass and help prevent fractures.



About half of osteoporosis-related repeat fractures can be prevented with **appropriate treatment**.