



**International
Osteoporosis
Foundation**

World Osteoporosis Day 2007 Celebrity Quotes

Never in my wildest dreams did I think I would be a candidate for osteoporosis. I know now, I should have paid more attention to my personal risk factors; I should have taken better care of my bones. You know what? So should you. So come on, Beat the Break, take responsibility for your bones. Just talk to your doctor about osteoporosis.

Joan Rivers, comedienne



There are some things we don't take risk with, like our bone health. Without strong bones, we would not have been able to ride a bobsled for a country without winter. So, take the IOF Osteoporosis Risk Test, it is only one minute. Beat the Break so you too can follow your dreams.

Hal and Chris Stokes, Jamaica Bobsled Team

"People thought I took a big risk when I sailed around the world by myself. However, there's one thing I don't take risks with, and that's my bone health, because without strong bones I wouldn't have been able to sail across so many seas. I'm not going to take any risks with my bones, and neither should you. Get yourself checked and beat the break, so you can continue doing what you like best."

Dame Ellen MacArthur, solo long-distance yachtswoman



"Hi guys! I'm Sportacus from LazyTown! To be a super hero, I need lots of energy and my bones have to be strong! If you want to be a super hero too, then get up and get moving! And make sure you eat lots of foods with calcium, like milk, cheese and yogurt! Then you'll never be a LazyBones! Come on, let's move!"

Sportacus, Hero of children's program 'Lazytown'

"I am an actor and staying slim is part of the job, so like most celebrities I have been on a diet for most of my adult life. As a result, my body has been deprived of essential vitamins and nutrients, which no doubt contributed to my osteoporosis. I do worry terribly about today's female celebrities, who are even thinner than our generation was. And the worst thing is that other women feel they have to copy the people they see looking so slim in magazines and in the films."

Britt Ekland, Swedish actress



"My mother has osteoporosis and every day I feel her pain - she suffers terribly and I just wish that her doctors had told her about osteoporosis risk factors before she started breaking her bones. I now realize that osteoporosis also strikes men - and because I have a family history of osteoporosis I intend to learn more about this disease and get myself checked before it gets to me." *Paolo Rossi, Italian footballer, scored three goals to win World Cup for Italy in 1982*