



WorldOsteoporosisDay | LOVE YOUR BONES
October 20

KEEP THEM STRONG

Osteoporosis is a bone disease which results in more disability than that caused by many cancers and chronic diseases. Worldwide, one in three women over 50 will break a bone due to osteoporosis. Don't wait until it affects you.

Take a simple risk test at www.worldosteoporosisday.org, and learn how to stay strong from the inside. Tell your friends and family about better bone health and help keep them strong.

Talk · **Test** · **Treat**
to your doctor for osteoporosis your condition



International Osteoporosis Foundation

WORLD OSTEOPOROSIS DAY 2013 GLOBAL SPONSORS



wear **white** on October 20 and embrace better bone health

