



WorldOsteoporosisDay | LOVE YOUR BONES  
October 20

# MAKE THEM STRONGER

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](http://www.worldosteoporosisday.org), and learn how to stay strong from the inside. Tell your friends and family about better bone health and help make them stronger too.

**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

