

“I was very determined to fight it and  
not let negativity affect me!”

# THAT'S OSTEOPOROSIS

Early diagnosis and treatment, together with a healthy lifestyle and positive outlook,  
have helped Dr Brar, age 71, remain fracture-free.



*Our vision is a world without fragility  
fracture in which healthy mobility is a  
reality for all*

World **Osteoporosis** Day  
October 20

[www.worldosteoporosisday.org](http://www.worldosteoporosisday.org)