

She used to lead an active life - until one day  
everything changed



# THAT'S OSTEOPOROSIS

Since her hip fracture, Samia encourages her grandchildren to drink milk for strong bones, and repeats the phrase "So that you won't have a fracture" to family and neighbours alike.



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

**WorldOsteoporosisDay**  
October20

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