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## Find Your Staying Power

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You have been prescribed osteoporosis medication to help strengthen your bones, minimise your risk of suffering a break and keep you active and independent. However, as with most long-term conditions, you have to take osteoporosis medication for a number of years to experience the benefits and many people find this challenging. For example, it is hard to keep taking medicine when you can't immediately feel or see your bones getting stronger or are taking a number of medicines for different conditions.

In the future, you may find taking your osteoporosis treatment becomes difficult and you may be tempted to stop. However, without regular medication, the risk of breaking a bone increases. There is support available to help you stay on treatment and it may be worth finding out more information before you make a final decision. You may want to:

- Speak to your doctor, pharmacist or nurse about any difficulties you are experiencing. They will be able to give you advice on managing your osteoporosis medication and may be able to suggest other treatment options.
- Contact your local patient society; they can offer you support with taking your osteoporosis treatments and put you in touch with other people who are in a similar situation. A full list of International Osteoporosis Foundation (IOF) patient societies is available at: [www.iofbonehealth.org/patients-public/osteoporosis-societies-worldwide.html](http://www.iofbonehealth.org/patients-public/osteoporosis-societies-worldwide.html)
- Visit the IOF website [www.iofbonehealth.org](http://www.iofbonehealth.org) to find out more information about osteoporosis and the importance of staying on treatment.

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There are many medically-proven treatments for osteoporosis. The International Osteoporosis Foundation (IOF) does not endorse or recommend any specific treatment. Such decisions must be made by the physician and patient.

