

OSTEOPOROSIS AND FRACTURES

OSTEOPOROSIS IS COMMON



Osteoporosis is responsible for an estimated **two million broken bones** per year, yet nearly 80 percent of older Americans who suffer bone breaks are not tested or treated for osteoporosis.



One in two women and up to **one in four men** over age 50 will break a bone due to osteoporosis.

OSTEOPOROSIS IS SERIOUS, EVEN DEADLY



A woman's risk of fracture is **equal to her combined risk** of breast, uterine and ovarian cancer.



A man is **more likely to break a bone** due to osteoporosis than he is to get prostate cancer.



24 percent of hip fracture patients age 50 and over **die in the year following the fracture**.



Six months after a hip fracture, **only 15 percent** of patients can walk across a room unaided.



Every year, of nearly 300,000 hip fracture patients, one-quarter end up in **nursing homes** and half never regain previous function.

OSTEOPOROSIS IS COSTLY



Osteoporosis-related bone breaks cost patients, their families and the healthcare system **\$19 billion annually**.



By 2025, experts predict that osteoporosis will be responsible for three million fractures resulting in **\$25.3 billion in costs**.

OSTEOPOROSIS IS MANAGEABLE



Eating a **healthy diet** and **exercising** regularly can help slow or stop the loss of bone mass and help prevent fractures.



About half of osteoporosis-related repeat fractures can be prevented with **appropriate treatment**.