

Don't underestimate the danger of osteoporosis, warns IOF

Language English

@ IOF

Today, on World Osteoporosis Day, the International Osteoporosis Foundation (IOF) urges all adults to be alert to their risk for osteoporosis, a 'silent' disease which causes bones to become fragile and break easily.

People with osteoporosis can suffer broken bones as a result of a mere bump or fall from standing height. Worldwide, fractures due to osteoporosis occur in approximately one in three women and one in five men, aged 50 and over – with a fracture occurring every 3 seconds.

The danger of osteoporotic fractures to quality of life and independence at older age cannot be overstated," warned IOF President John A. Kanis.

Read full press release via the link below.

Post Date: Thursday, 20 October, 2016



[WOD Report 2016 press release FINAL-2.pdf](#) [1]

Category - News: World Days

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[Download infographic "Protect Yourself Against Osteoporosis and Fractures"](#) [3]

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Links

- [1] <https://old.ncdalliance.org/sites/default/files/WOD%20Report%202016%20press%20release%20FINAL-2.pdf>
- [2] <http://worldosteoporosisday.org/about>
- [3] <http://worldosteoporosisday.org/2016-infographic>

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