

The not so Usual Suspects

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Osteoporosis affects 1 in 5 men and 1 in 2 women over 50 and can also affect children

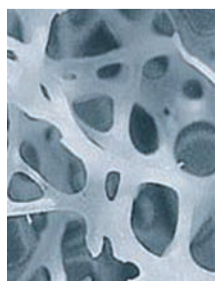
These people are not actors

- Osteoporosis is a thinning and weakening of the bones.
- The most common sites for fractures (broken bones) caused by Osteoporosis are the hip, spine and wrist.
- Weight bearing/strengthening exercise, Calcium and Vitamin D are essential for healthy bones.
- A broken bone from a trip or fall, from a standing height or less, is not normal as an adult.

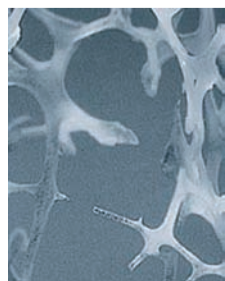
Some of the many risk factors include: Family History - Anorexia/bulimia/binge eating/excessive dieting - Loss of or irregular periods for more than 4 months (other than pregnancy) - Excessive exercise - Wheelchair or bed bound longer than 6 weeks - Coeliac - Crohns - Steroids - Chemotherapy/Radiation - Haemochromatosis - Loss of height or hump on upper back - Rheumatoid Arthritis - Asthmatics on steroid treatments - Thyroid problems - Psychological stress - Smoking - Early menopause (before 45 years) - Testosterone deficiency in men

For more information visit:

www.irishosteoporosis.ie



Normal bone



Osteoporotic bone

Irish
Osteoporosis
Society



Shire

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