

Fracture Alert

If you are over 50 and you have broken your:

- wrist
- hip
- a bone in your back or spine

You may have osteoporosis.

Osteoporosis is when your bones become thinner and weaker. This means that you have a greater chance of breaking another bone.

Please make an appointment with your family doctor to talk about:

- ◆ getting assessed and treated for osteoporosis
- ◆ how much Calcium and Vitamin D is in the food you eat, and
- ◆ what supplements you need to take

To help prevent another broken bone, everyday you need to:

- get enough Calcium – 1000 - 1300 mg from dietary sources (discuss use of supplements with your doctor)
- get enough Vitamin D – for example 600 IU depending on circumstances (discuss use of supplements with your doctor)
- exercise
- prevent a fall

People with healthier bones live better lives

For more information contact
Healthy Bones Australia (formerly
Osteoporosis Australia)
1 800 242 141

<https://healthybonesaustralia.org.au>