



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 tested 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 – 1200 mg
- ◆ get enough Vitamin D –1000 – 2000 iu
- ◆ exercise
- ◆ prevent a fall

People with healthier bones live better lives

For more information contact
Osteoporosis Canada
1-800-463-6842
www.osteoporosis.ca