

Your fracture wasn't just an accident IT'S A WARNING SIGN

MOST PATIENTS WHO HAVE SUFFERED A FRACTURE FAIL TO RECOGNISE THAT THEIR BREAK COULD BE DUE TO SOMETHING FAR MORE SEVERE THAN A FALL:

In Asia, the **Fight the Fracture-International Osteoporosis Foundation Survey 2017** revealed that

NEARLY HALF

of patients with a fragility fracture believe that their fall was the sole cause of their fracture.¹



In addition, **MORE THAN 8 IN 10**

believe that weak bones are inevitable and related to ageing.¹



Beware the **Silent Disease**

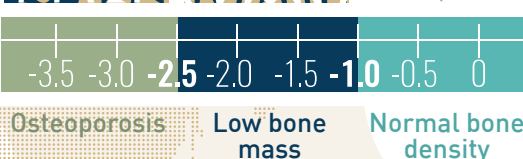
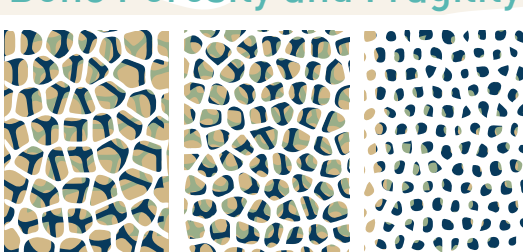
WHAT IS OSTEOPOROSIS?

OSTEOPOROSIS

is a disease that weakens bones over time, making them thinner, more brittle and more likely to break.²



Bone Porosity and Fragility



Osteoporosis causes more than

8.9 MILLION

fractures annually, resulting in an osteoporotic fracture every

3 SECONDS



worldwide.³

By 2050, more than



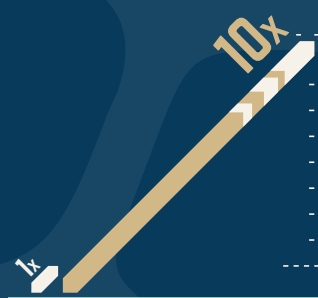
50%

of the world's fractures are expected to

OCCUR IN ASIA.⁴



What's the **Danger?**



Once a patient suffers a fragility fracture his or her risk of a future fracture increases up to

10x.⁵



AROUND 25%

of patients who sustain a hip fracture die within a year, and less than half of those who survive regain their previous level of function.⁴



79%

of patients have experienced a great impact on their quality of life due to their fracture.¹



74%

of patients are worried or very worried about breaking another bone.¹

FRACTURES TAKE A DETRIMENTAL TOLL ON⁶



INDEPENDENCE

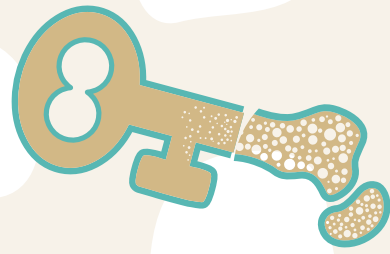
There's hope: **Fractures Can Be Prevented**

THE EARLIER THE DIAGNOSIS, THE BETTER

75%

of patients with early diagnosis of osteoporosis agree it was key in

PREVENTING ANOTHER FRACTURE.¹



80%

of patients with late diagnosis of osteoporosis

WISH THEY'D RECEIVED IT EARLIER.¹



Take action **NOW**



ASSESS YOUR RISK

Take the International Osteoporosis Foundation's One-Minute Risk Test to calculate your risk of osteoporosis.



START A CONVERSATION

Ask your doctor about osteoporosis and how to prevent it. Discuss getting a DXA scan or other screening options.



SPREAD THE WORD

Help your loved ones and friends prevent future fractures by telling them about osteoporosis, fracture risk tests and talking to their doctor.

TAKE UP THE FIGHT

FOR MORE INFORMATION VISIT WWW.FIGHTTHEFRACTURE.ASIA



Supported by the International Osteoporosis Foundation (IOF) and Amgen, the Fight the Fracture-IOF Survey 2017 was conducted in June 2017, through interviews with 400 patients who have suffered a fragility fracture across Hong Kong, Japan, Singapore, Taiwan and Thailand. All patients surveyed had a fracture within the last two years and are aged 60 or older.

References
 1. Data on file: Fight the Fracture-International Osteoporosis Foundation (IOF) Survey 2017 - Regional Consolidated Report. 17 July 2017.
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 5. Lyet JP. Fragility Fractures in the Osteoporotic Patient: Special Challenges. JLGH 2006;1(3):91-95.
 6. Adachi JD, Adams S, Gehlbach S, Anderson FA Jr, Boonen S, Chapurlat RD, Compston JE, Cooper C, Delmas P, Diez-Pérez A, et al. Impact of prevalent fractures on quality of life: baseline results from the global longitudinal study of osteoporosis in women. Mayo Clin Proc. 2010;85(9):806-13.