



World Osteoporosis Day

20th October

RISK FACTORS FOR DEVELOPING OSTEOPOROSIS



Smoking



**Diets Lacking
Calcium**



Poor Nutrition



Lack of Exercise



Alcohol Abuse

They can be Controlled !

DON'T DELAY... CONSULT TODAY

Issued In the public interest by "Zydus Healthcare Ltd"

Reference: <https://www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968> accessed on 14/Oct/2022 at 13:00 IST

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