

# 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.<sup>1</sup>



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

believe that weak bones are inevitable and related to ageing.<sup>1</sup>



## Beware the **Silent Disease**

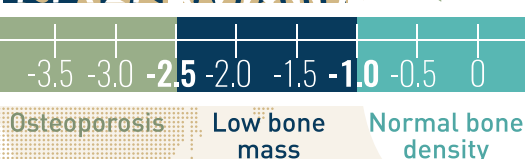
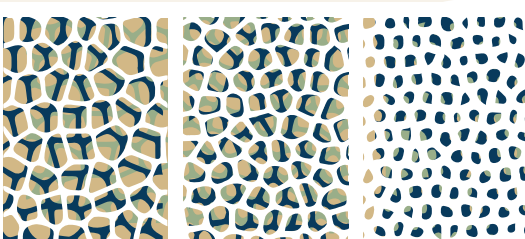
### WHAT IS OSTEOPOROSIS?

### OSTEOPOROSIS

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



### Bone Porosity and Fragility



Osteoporosis causes more than

**8.9 MILLION**

fractures annually, resulting in an osteoporotic fracture every

**3 SECONDS**

worldwide.<sup>3</sup>



By 2050, more than



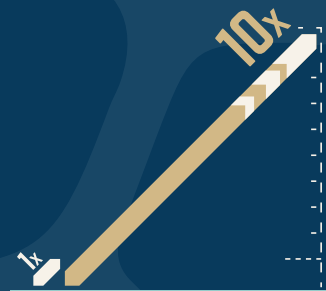
**50%**

of the world's fractures are expected to

**OCCUR IN ASIA.**<sup>4</sup>



## What's the **Danger?**



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

**10x.**<sup>5</sup>



**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.<sup>4</sup>



**79%**

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



**74%**

of patients are worried or very worried about breaking another bone.<sup>1</sup>

### FRACTURES TAKE A DETRIMENTAL TOLL ON<sup>6</sup>



Mobility



Self-care



Usual activities



Emotional well-being



Physical well-being

## INDEPENDENCE

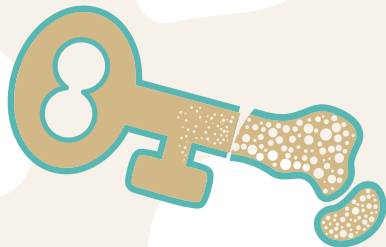
## There's hope: **Fractures Can Be Prevented**

### THE EARLIER THE DIAGNOSIS, THE BETTER

**75%**

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

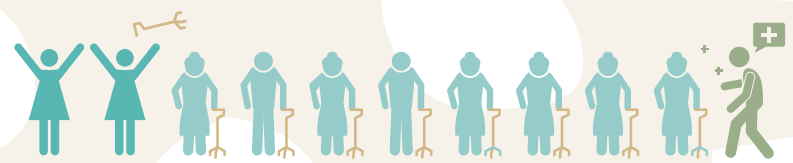
**PREVENTING ANOTHER FRACTURE.**<sup>1</sup>



**80%**

of patients with late diagnosis of osteoporosis

**WISH THEY'D RECEIVED IT EARLIER.**<sup>1</sup>



## 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.COM](http://WWW.FIGHTTHEFRACTURE.COM)

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.



**FIGHT**  
—THE—  
**FRACTURE**  
TAKE UP THE FIGHT

AMGEN



References  
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5. Lyet JP. Fragility Fractures in the Osteoporotic Patient: Special Challenges. JLGH 2006;1(3):91-95.  
6. Adachi JD, Adami S, Gehlbach S, Anderson FA Jr, Boonen S, Chapurlat RD, Compston JE, Cooper C, Delmas P, Díez-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.