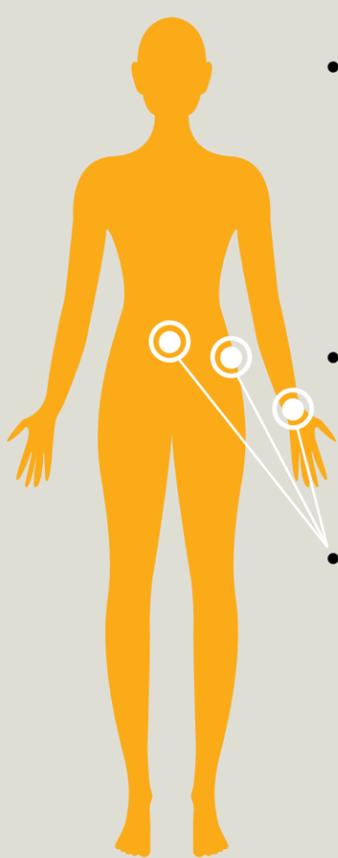




Osteoporosis 101: What Every Woman Should Know

Osteoporosis is a chronic bone disease, characterized by low bone mass and loss of bone tissue, affecting millions of people around the world. It increases the risk of fractures and can impact quality of life. By understanding the facts and getting tested, women can find out their risk and take action to protect their bones.

What is Osteoporosis?



- **Osteoporosis happens when** people lose too much bone, make too little bone, or both
- Osteoporosis **causes bones to weaken** and break easily
- Bone fractures from osteoporosis most commonly occur in the **spine, hip, and wrist**

Who has Osteoporosis?

200 Million

- Over **200 million** women suffer from osteoporosis worldwide¹

- **One out of three women** over 50 will suffer an osteoporosis-related fracture; for men it is one out of five²



- The **highest risks** of hip fracture in the world are currently found in Norway, Sweden, Iceland, Denmark, and the U.S.³
- **By 2050**, Asia is expected to account for almost 50% of all global fractures³

What is the impact?

8.9 Million

- Osteoporosis causes more than **8.9 million global bone fractures** annually⁴

45 & over

- Osteoporosis accounts for **more hospitalization days** in women over the age of 45 than diabetes, heart attack and breast cancer⁵

\$130 Billion

- By 2050, the **global cost** of osteoporosis is expected to **exceed \$130 billion**⁶

What are the risk factors?⁷

- Low calcium and vitamin D intake
- Gender
- Anorexia
- Family history
- No or limited weight-bearing physical activity
- Low sex-hormone levels
- Age
- Ethnicity
- Smoking, alcohol and some medicines (especially anti-depressants and corticosteroids)

References:

1. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2685263/>
2. <http://www.iofbonehealth.org/facts-statistics>
3. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004072/>
4. Hernlund E, et al. Osteoporosis in the European Union: medical management, epidemiology and economic burden. Arch Osteoporos. 2013;8:136
5. Bone Care for the Postmenopausal Woman. International Osteoporosis Foundation. 2013
6. Johnell O. The socioeconomic burden of fractures: today and in the 21st century. Am J Med. 1997 Aug 18;103(2A):205-255; discussion 255-265
7. http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/overview.asp

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How can you get tested?

Laboratory diagnostic testing can help identify risk levels and diagnose osteoporosis. Women are recommended to get tested as early as age 50 if they have risk factors.

Visit <http://www.healthcare.siemens.com/clinicalspecialities/womens-health-information/laboratory-diagnostics/bone-disease> to learn more.