

# STOP

# AT ONE

MAKE YOUR FIRST BREAK YOUR LAST

Osteoporosis doesn't reveal itself until you break a bone, often at the wrist or spine. Prevent a larger problem by taking action now.

If you are over 50 and have broken a bone, get tested for osteoporosis.

1

ASK A DOCTOR

2

GET TESTED

3

GET TREATED

Visit [www.worldosteoporosisday.org](http://www.worldosteoporosisday.org)  
for more information.



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October 20 | LOVE YOUR BONES

