



Royal
Osteoporosis
Society

Better bone health for everybody



I didn't know it would affect my height.

Back pain, height loss and postural changes could be a result of spinal fractures.

Is this happening to you?

Ask a healthcare professional or the Royal Osteoporosis Society.
Freephone Helpline 0808 800 0035 or nurses@theros.org.uk

President: HRH The Duchess of Cornwall

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