



**Royal
Osteoporosis
Society**

Better bone health for everybody

I didn't know it affected men.

1 in 5 men over the age of 50 are expected to break a bone. A broken bone including a spinal fracture could cause long-term pain and impact your ability to move around.

How could you reduce your risk?

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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