



**Royal
Osteoporosis
Society**

Better bone health for everybody

I didn't know I was at risk.



Many factors can increase the risk of your bones losing strength and breaking easily, including age, body weight, previous fractures, other medical conditions and medicines.

Could you be at risk too?

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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