



Osteoporosis. Chances are... it could be you.

1 in **2** women and **1** in **4** men age 50 and older will have an osteoporosis-related fracture in their lifetime. Ten million women and men in the US have osteoporosis and an additional 34 million are at increased risk due to low bone mass.

Osteoporosis can strike anyone; it does not discriminate based on race, gender or age.

Take action! Learn about the **5** steps you can take to protect your bones, contact the National Osteoporosis Foundation at **800-223-9994** or **www.nof.org**.



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