

MAKE NO **BONES** ABOUT IT

# OSTEOPOROSIS

**Leads to broken bones  
and needless suffering**

**It's never too late Good  
Osteoporosis Care means**

**... IMPROVING bone health to PREVENT  
falls, broken bones and hospitalizations**

- ✓ Daily calcium and vitamin D
- ✓ Proper osteoporosis medications
- ✓ Walking and exercising
- ✓ Wearing hip protectors

## Signs & Symptoms

- ✓ Previous broken bone  
(wrist, hip or spine)
- ✓ Family member with  
osteoporosis  
or broken bones
- ✓ Walking bent forward
- ✓ Sudden back pain
- ✓ Brittle bones



***"We can do  
something about it"***



Osteoporosis Canada  
Ostéoporose Canada



[www.ostestrategy.on.ca](http://www.ostestrategy.on.ca)

ONTARIO  
OSTEOPOROSIS  
STRATEGY FOR  
LONG-TERM CARE