

# Understanding osteoporosis risk factors key to maintaining healthy bones: new report

## Sally Pearson, OAM, urging Aussies to “know your bones” this World Osteoporosis Day 2023

This **Thursday, October 19**, **Dual World and Olympic champion hurdler, Sally Pearson, OAM**, will team with Healthy Bones Australia, doctors, and patients to release key findings from Healthy Bones Australia’s **Know Your Bones Community Risk Report Third Edition**’ at a Parliamentary Friends of Aged Care event in Parliament House, Canberra.

The new report includes data from more than **104,000 Australians** who have completed **Know Your Bones** – an online self-assessment tool developed by **Healthy Bones Australia**, in partnership with the **Garvan Institute of Medical Research**, to help Aussies understand their risk factors for developing osteoporosis.

The new report reveals **significant under-investigation and inadequate treatment in those at risk of osteoporosis**, and calls for heightened emphasis on medical intervention to reduce the impact of preventable fractures.<sup>1</sup>



After clipping a hurdle and experiencing a ‘bone explosion’ during an athletics race in Italy in June 2015, **Sally will share her traumatic experience**, and reinforce the importance of “**prevention, and taking action to protect bone health to avoid fractures.**”

- **Poor bone health affects more than 6 million adults aged 50+.**<sup>2</sup>
- **183,000+ fractures sustained each year.**<sup>2</sup>
- **Fractures cost \$2.59 billion per annum.**<sup>2</sup>
- **The total cost of osteoporosis is \$3.4 billion, including general medicine & pharmaceuticals.**<sup>2</sup>

To learn more about the new findings from the **Know Your Bones Community Risk Report’ Third Edition**’, tee up an interview with a spokesperson below.

<b>HIGH PROFILE HEALTHY BONES REPRESENTATIVES</b>	
<b>Sally Pearson, OAM</b>	Healthy Bones Ambassador, 37, <b>GOLD COAST (VISITING CANBERRA)</b>
<b>Helen Dalley</b>	Healthy Bones Australia Patron, presenter, journalist & podcaster, <b>SYDNEY</b>
<b>EXPERTS</b>	
<b>Professor Peter Ebeling, AO, FAHMS</b>	Chair, Healthy Bones Australia & Board member, International Osteoporosis Foundation (IOF), <b>MELBOURNE (VISITING CANBERRA)</b>
<b>Mr Greg Lyubomirsky</b>	CEO, Healthy Bones Australia, <b>SYDNEY (VISITING CANBERRA)</b>
<b>Dr Weiwen Chen</b>	Specialist Endocrinologist & Deputy Chair, Medical & Scientific Advisory Committee Healthy Bones Australia, <b>SYDNEY (VISITING CANBERRA)</b>
<b>A/Prof Peter Wong</b>	Head Dept of Rheumatology, Westmead Hospital, Chair Healthy Bones Australia Medical & Scientific Advisory Committee, <b>SYDNEY</b>
<b>AUSTRALIANS LIVING WITH OSTEOPOROSIS</b>	
<b>Marilyn, 68</b>	Graphic designer & classic car enthusiast diagnosed with osteoporosis after falling & fracturing her arm, <b>SYDNEY</b>
<b>Carole, 69</b>	Retired business consultant who has sustained multiple bone fractures & loss of height, Glenning Valley, <b>CENTRAL COAST, NSW</b>
<b>Kimberly, 43</b>	Wife & mother-to-two who was diagnosed with pregnancy-related osteoporosis following the birth of her second child, <b>BRISBANE</b>
<b>Elaine, 59</b>	Consumer advocate, GP practice manager, mum & grandmother living with severe osteoporosis, <b>MELBOURNE</b>
<b>DIGITAL MEDIA KIT</b>	<a href="http://www.healthybonesmediakit.org.au">www.healthybonesmediakit.org.au</a>
<b>BROADCAST VISION</b>	<a href="http://www.healthybonesmediakit.org.au">www.healthybonesmediakit.org.au</a>
<b>MEDIA CONTACTS + INTERVIEWS</b>	<b>Kirsten Bruce &amp; Millie Chamberlain, VIVA! Communications</b> <b>M 0401 717 566   0404 568 615 T 02 9968 3741   02 9968 1604</b> <b>E <a href="mailto:kirstenbruce@vivacommunications.com.au">kirstenbruce@vivacommunications.com.au</a> / <a href="mailto:millie@vivacommunications.com.au">millie@vivacommunications.com.au</a></b>

To learn more about Healthy Bones Australia, head to [healthybonesaustralia.org.au](https://www.healthybonesaustralia.org.au), or for help and support, call 1800 242 141.

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#### References

1. Healthy Bones Australia and Garvan Institute of Medical Research. Know Your Bones Community Risk Report Third Edition 2023. (2023).
2. Watts JJ, Ablmany-Ochom J, Sanders KM. Osteoporosis costing all Australians A new burden of disease analysis – 2012 to 2022. Osteoporosis Australia 2013.