

Experts urging Aussies to “Know Your Bones” this World Osteoporosis Day

New AUS report reveals alarming under-investigation under-treatment of those at risk

To mark World Osteoporosis Day tomorrow (Wednesday, October 20), experts will be urging Australians to “Know Your Bones”, and doctors to earlier investigate and treat all adults with risk factors for poor bone health, and following fracture.

Their call will coincide with the release of a community risk report revealing:

- Only one in two Australian adults who have broken a bone reported having a bone mineral density test (BMD)¹ to investigate their bone health for the risk of fracture, and presence of osteoporosis; and
- Concerningly, of those who reported breaking a bone, the vast majority (86 per cent) are not taking preventative osteoporosis medication.¹



The new report summarises data from the more than 88,000 Australians who have completed Healthy Bones Australia's 'Know Your Bones' online self-assessment to date, which explains a person's potential risk for developing osteoporosis, and bone breaks.¹

“Given more than six million Australians aged 50+ are living with poor bone health,² we will be encouraging adults to get to 'Know Your Bones', by completing our online self-assessment to help curb the more than 183,000 fractures anticipated by 2022,”² said Healthy Bones Australia Medical Director, and Senior Staff Specialist Rheumatologist at Westmead Hospital, Associate Professor Peter Wong, Sydney.

To learn more about Healthy Bones Australia's new report, and the importance of understanding the risk factors for poor bone health, tee up an interview with a spokesperson below.

| HEALTHY BONES AUSTRALIA EXPERTS | |
|--------------------------------------|---|
| A/Prof Peter Wong | Medical Director, Healthy Bones Australia & Senior Staff Specialist Rheumatologist, Westmead Hospital, SYDNEY |
| Dr Weiwen Chen | Specialist Endocrinologist & Deputy Chair, Medical & Scientific Advisory Committee, Healthy Bones Australia, SYDNEY |
| Mr Greg Lyubomirsky | CEO, Healthy Bones Australia, SYDNEY |
| Prof Peter Ebeling AO | Chair, Healthy Bones Australia & Board member, International Osteoporosis Foundation (IOF), MELBOURNE |
| AUSTRALIANS LIVING WITH OSTEOPOROSIS | |
| Marilyn, 66 | Graphic designer & classic car enthusiast diagnosed with osteoporosis after falling & fracturing her arm last year, SYDNEY |
| Elaine, 57 | Mum, grandmother & GP Practice Manager living with severe osteoporosis, MELBOURNE |
| Renee, 41 | Cancer survivor who sustained broken bones & was diagnosed with osteoporosis, GEELONG |
| Kimberley, 41 | Wife & mum-to-two diagnosed with osteoporosis after the birth of her second child, BRISBANE |
| DIGITAL KIT | healthybonesmediakit.org.au |
| INTERVIEWS | Kirsten Bruce & Sophie Mizzi, VIVA! Communications M 0401 717 566 0421 009 258 E kirstenbruce@vivacommunications.com.au sophie@vivacommunications.com.au |

References

1. Healthy Bones Australia, Know Your Bones Community Risk Report - Second Edition 2021.
2. Watts, J., Ambimanyi-Ochom, J., & Sander K, Osteoporosis costing all Australians: A new burden of disease analysis 2012-2022. 2013, Osteoporosis Australia.