HEALTHY BONES AUSTRALIA

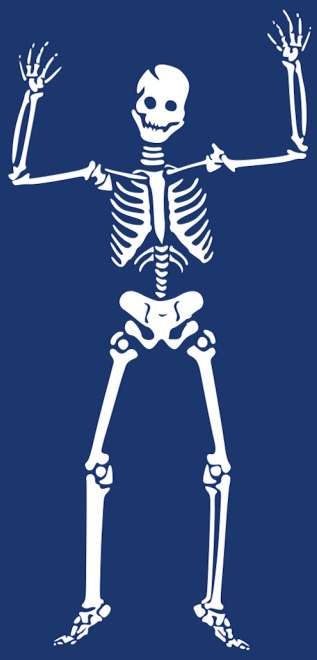
Blokes, Bones and Breaks

WHAT YOU NEED TO KNOW...

- Poor bone health can lead to osteoporosis and broken bones.
- Approximately 20% of all osteoporosis cases are in men.
- Early action can prevent a broken bone

WHAT IS OSTEOPOROSIS?

A condition where your bones become weaker, leading to a higher risk of a break.



BONE HEALTH REVIEW

Your GP may suggest a bone density test, a simple scan, if you have risk factors and mainly for blokes over 50.

TIPS TO LOOK AFTER YOUR BONES

Talk to your doctor, know your risk factors and take early action.

✓ Calcium + Vitamin D + Exercise = ingredients for healthy bones.

Stop smoking and moderate drinking.

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Common Risk Factors for Men

Personal History	Medical Conditions	Medications
Previous fracture (from minor bump or fall)	Coeliac disease	Certain treatment for prostate cancer
Family history of osteoporosis (parent/sibling)	Overactive thyroid or parathyroid	Glucocorticoids (steroids)
Loss of height (3cm or more)	Rheumatoid arthritis	Anti-epilepsy treatment
Smoking or excessive alcohol	Low testosterone	
Inadequate calcium, low vitamin D or lack of exercise	Chronic kidney or liver disease	
Age 70 years and over	Diabetes	

For more information

Website: www.healthybonesaustralia.org.au
National toll-free number: 1800 242 141