Osteoporosis Fast Facts

At least 1 IN 3 WOMEN and 1 IN 5 MEN will suffer from an osteoporotic fracture during their lifetime.

Osteoporosis: "a pediatric disease with geriatric consequences". Peak bone mass is achieved at an early age (16-20 in young women and 20-25 in young men), so building strong bones during childhood and adolescence can be the best defense against developing osteoporosis later in life.

2 MILLION CANADIANS are affected by osteoporosis.

OVER 80% OF ALL FRACTURES in people 50+ are caused by osteoporosis.

ONE IN THREE HIP FRACTURE PATIENTS will re-fracture within one year.

Women and men alike BEGIN TO LOSE BONE IN THEIR MID-30S.

28% OF WOMEN and 37% OF MEN who suffer a hip fracture will die within one year.

Source: Osteoporosis.ca
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