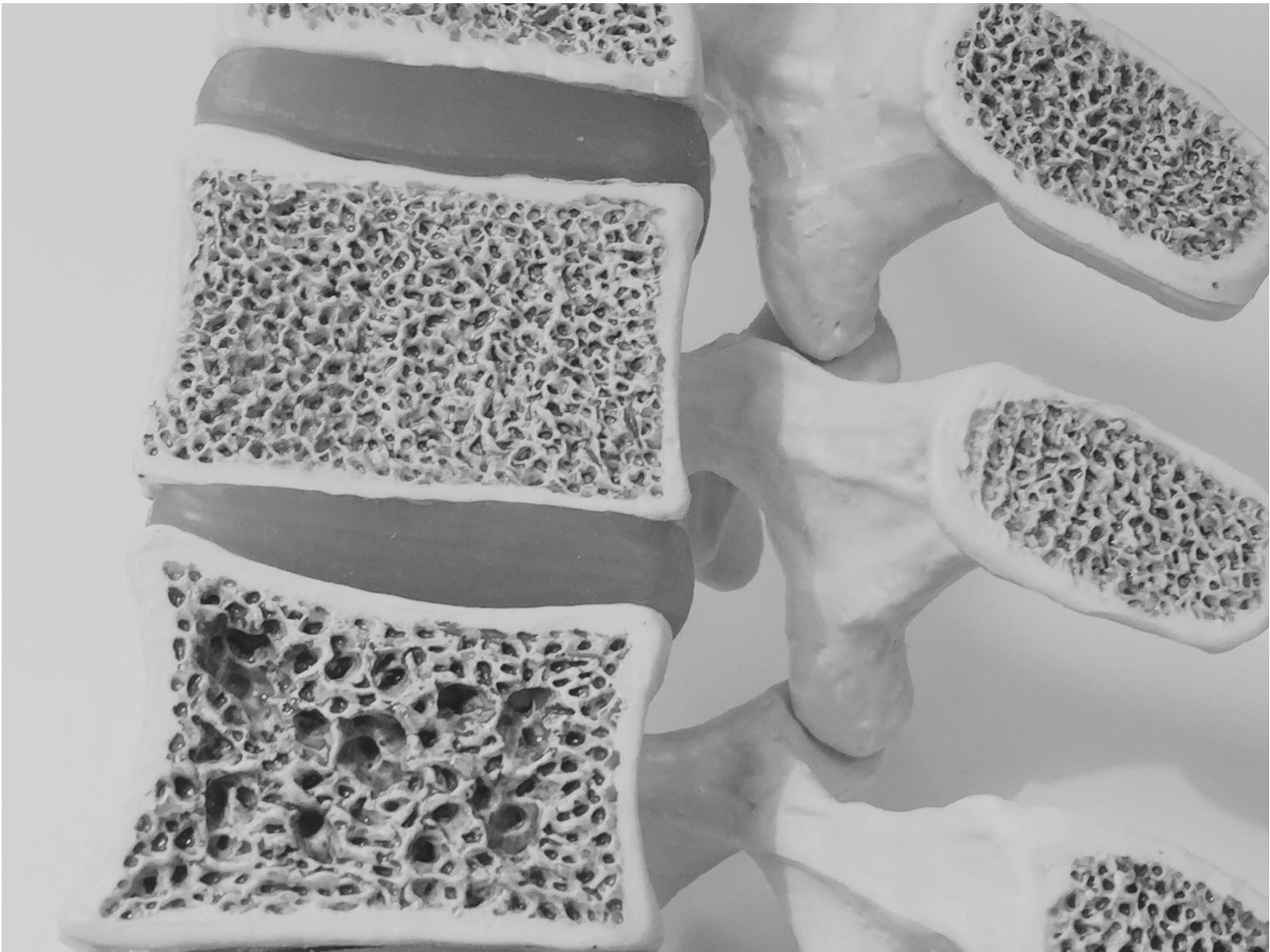


VERTEBRAL (SPINAL) FRACTURES DUE TO OSTEOPOROSIS

#004



A compression fracture and osteoporosis visible in the bone at bottom of the picture.

This bone is a vertebral body - the front of the vertebral bone. The oval shape to the back of each of the bodies in the picture is the “bumpy” part of the spine you feel if you run your fingers down the middle of your back from top to bottom.

1 in 10 women over 50 and one in 5 women over 70 have 1 or more vertebral fractures. In most cases there has been little or no injury causing them. Some are completely pain free, some are extremely painful and some are painful but put down to something else. They are powerful predictors of future hip fractures BUT 70% of them are not diagnosed. This could be a missed opportunity to manage and treat bone fragility and a missed opportunity to prevent future, serious fractures.

If you are at risk for osteoporosis (even if you have never been diagnosed), you have back pain that is unexplained or different to usual, you have lost height or your posture has changed, talk to your GP about ruling out a vertebral fracture. You may well not have a fracture but don't miss an opportunity to start to treat or to modify treatment for low bone fragility.

Know your risks for osteoporosis.



Royal Osteoporosis Society
The health for everyone

Osteoporosis Risk Checker

Take our osteoporosis risk checker and get a personalised report on your bone health in just five minutes.

 theros.org.uk