

Warning sign for fragile bones

A broken wrist is a warning sign, according to the International Osteoporosis Foundation. If you're an adult age 50 or over and have broken your wrist, get tested for osteoporosis, they urge.

Osteoporosis is a chronic "silent" disease that causes bones to weaken and become more fragile and breakable. At age 50, up to 1 in 2 women and 1 in 5 men will go on to suffer a brittleness fracture in their lifetimes. Fractures can result in pain, disability, loss of quality of life and independence, or even early death.

Consider these facts from the IOF:

- A first fracture doubles the risk for future fractures.
- One in 4 women who suffer a vertebral (spinal) fracture will experience another fracture within one year.
- 50% of all hip fractures come from 16% of the postmenopausal women with a history of fracture, including wrist fractures.
- Despite the fact that a first fracture is a clear warning sign, only 2 in 10 patients with initial bone breaks get a follow-up test for osteoporosis or risk of falls.
- Osteoporosis can be treated and bones can become stronger.

