

Osteoporosis: Key Facts and Figures

How Common is Osteoporosis?

- In the UK, there are around **549,000 new fractures every year** caused by fragile bones.
- This includes:
 - **105,000 hip fractures**
 - **86,000 spine (vertebral) fractures**
 - **358,000 other fractures** (such as wrist, shoulder, pelvis, ribs, and leg bones)
- About **1 in 3 fractures** happen in men.

Where Do These Fractures Happen?

- The most common sites are the **spine, hip, wrist, shoulder, and pelvis**.
- Hip fractures are especially serious:
 - They are the **most common reason for emergency surgery** in older people.
 - They are also the **leading cause of death following a fall**.

What Happens After a Hip Fracture?

- Only about **half of people return to their own home** within 4 months.
- Sadly, about **1 in 4 people (26%) die within a year** of their hip fracture.
- Most major fractures shorten life expectancy, partly due to the fracture itself and partly due to other health conditions.

The Future

- As the UK population gets older, the number of fragility fractures is predicted to **rise by almost 20% by 2030**.

The Good News

- With early treatment and lifestyle changes, the risk of future fractures can be reduced.
- New medicines are available that **build stronger bone** and **protect bone strength**.
- Healthy habits also make a big difference:
 - Eating enough calcium and vitamin D
 - Staying active with weight-bearing exercise
 - Avoiding smoking and too much alcohol

Take-home message

- Osteoporosis is common and serious, but **it can be treated**.
- If you or someone you know has had a fracture, ask your doctor about bone health assessment and treatment.
- Early action saves independence and lives.

