



17 October 2014

Talk to your doctor about bone health – Health Minister

Health Minister Peter Dutton has urged Australians to pay attention to their bone health in a video posted to the Osteoporosis Australia website today. In the video Mr Dutton encouraged men and women to “think about their bones and ask your doctor for help in looking after them”.

The video is one of a series of events and talks from high profile speakers to raise awareness of the brittle bone disease ahead of World Osteoporosis Day this Monday (20 October 2014).

Osteoporosis Australia CEO Gail Morgan said “This year the focus is on men – who are often unaware they are at risk of developing osteoporosis.

“Osteoporosis is known as the silent disease, because you rarely know you have it until you actually break a bone. For men, it’s not just silence that’s an issue, it is deafness. Many men just don’t hear the health message that they can get it.”

In his message, Minister Dutton points out the quality of life impacts of the illness.

“Most often you won’t know you have a problem until something happens and suddenly you have to deal with the consequences. It’s been known for people to suffer multiple fractures doing things that are part of their normal routine, like gardening, but when your bones shatter the road to recovery can be a long one.”

The Minister says World Osteoporosis Day is an opportunity to highlight the problem, particularly in men who account for one third of fractures from osteoporosis each year.

Ms Morgan says “osteoporosis in men is growing as men are living longer, and the consequences for men from a break can be severe.

“Worldwide statistics show of the men who suffer a hip fracture 37% of those will die within 12 months. Osteoporosis has a significant impact on quality of life, sufferers talk about struggling to walk to the mail box for fear of falls that might lead to a break. It is why osteoporosis is a national health priority.

“Osteoporosis Australia is grateful to Minister Dutton for being part of our campaign to raise awareness this year. The Government has continued to support initiatives in exercise programs and information drives to get this important health message out to Australians.” She said.

World Osteoporosis Day: 20 October

Contact: Gail Morgan, Osteoporosis Australia CEO, 0412 926 348

www.osteoporosis.org.au