

## Sports stars promote early action to prevent osteoporosis

Today, World Osteoporosis Day National Ambassadors, Sally Pearson OAM & Michael Clarke will visit Parliament to encourage Australians to **#knowyourbones** at the launch of the *'Know Your Bones' Community Risk Report*.

The *'Know Your Bones' Community Risk Report*, to be launched by the Minister for Health, the Hon Greg Hunt MP and the Minister for Senior Australians and Aged Care, the Hon Ken Wyatt AM MP, highlights the fact not enough Australians are being treated for osteoporosis.

According to Osteoporosis Australia CEO, Greg Lyubomirsky, too many Australians are unnecessarily breaking bones, which is impacting the patient, their family and the Australian healthcare system.

"In Australia, osteoporosis is under diagnosed and under treated."

"In people aged over 50, osteoporosis is the most common cause of fractures yet only 20 per cent of these fracture patients are being investigated for osteoporosis. Therefore, most patients are not being diagnosed, and remain unaware of their underlying health issue.

"We cannot allow so many Australians to be affected by broken bones. We must take action to prevent fractures. The inaugural Know Your Bones Community Risk Report is a very an important step in our joint call for action."

Professor John Eisman AO from the Garvan Institute of Medical Research said "Know Your Bones is based on key findings from Garvan's long running study of osteoporosis in Australia. Research over many years has given us a clearer picture of what we need to focus on in terms of individual risk of osteoporosis and related fracture."

Olympic Gold Medallist, Sally Pearson OAM said it is very important that Australians are aware of their bone health.

"With my own personal history of bone fractures, I understand how important it is to look after your bones. I'd encourage more Australians to use the Know Your Bones online self- assessment tool."

"As with many chronic conditions, prevention is better than cure. Exercise is also recognised as one of the most effective lifestyle strategies to help make bones as strong as possible, reducing the risk of fractures later in life." Ms Pearson said.

Former Australian Cricket Captain, Michael Clarke said,

"Looking after your bones is important for young people as well as men and women to reduce the risk of osteoporosis which can lead to broken bones."

Australians can #knowyourbones at [www.knowyourbones.org.au](http://www.knowyourbones.org.au). Today's events in Parliament are in the lead up to World Osteoporosis Day on Saturday, 20 October 2018.

### Key Facts

In 2018:

- More than 5.5 million Australians over 50 have poor bone health.
- Australians will sustain up to 165,000 broken bones (fractures) due to poor bone health.
- Costs are expected to be more than \$3.1 billion – 70 per cent of which will be directly related to fracture costs.

### Know Your Bones Consumer Risk Report

- Over 40,000 self-assessments completed at [www.knowyourbones.org.au](http://www.knowyourbones.org.au) to #knowyourbones
- Only half of people reporting a fracture are reported to have had a bone density test
- Vast majority (84%) reporting a previous fracture are also reporting not being on treatment
- Over one third have a clinical risk factor and over 95% have a lifestyle risk factor for osteoporosis

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