

## SPOT THE SIGNS OF A BREAKING SPINE!

Signs of vertebral fractures, particularly in people over 50 years of age, may include:



Spine fractures most commonly occur near the waistline, or slightly above it (mid-chest) or below it (lower back). The pain is usually there all the time, but often gets worse with movement, particularly when changing positions.

**If you suspect you could have vertebral fractures, be proactive in seeking help.** Don't just assume that your sudden back pain is due to arthritis, muscle strain or other causes – **ask for a spine X-ray and get checked for osteoporosis.**