

## Charity's key publication on osteoporosis is now available in 7 languages

The National Osteoporosis Society is pleased to announce that our key publication, *Introduction to Osteoporosis* has been translated and is now available in 7 languages including simplified Chinese, Hindi and Welsh.

We recognised that there was a growing need to meet the needs of our wider audience following requests for information in languages other than English. We worked with key stakeholders, clinicians and regional staff to make our key publication more widely accessible.

An *Introduction to Osteoporosis* is one of our most popular booklets providing helpful advice about the condition and information on how to keep your bones healthy.

Sarah Leyland, Senior Helpline Nurse for the charity said: *"We are aware that this is just a starting point and more work is needed to meet a range of diverse needs but we are pleased that we have made a key document more accessible."*

Osteoporosis affects more than 3 million people in the UK. There are a number of risk factors among them our genes, age and gender. There may be differences in osteoporosis risk and fracture in certain racial groups due to body type, lifestyle and sunlight (vitamin D). However anyone with a significant risk factor may break bones because of osteoporosis so it's important that you can access good information whatever ethnic group you belong to or whatever language you speak.

The National Osteoporosis Society produces a wide range of information leaflets, booklets and factsheets for people living with osteoporosis and for those wanting to improve their bone health. To find out more or to download the leaflets, please click on the link <https://www.nos.org.uk/resources>.

### ENDS

#### Note for Editors:

#### Definition of osteoporosis

Osteoporosis is the fragile bone disease that causes painful, debilitating and sometimes fatal fractures, particularly of the wrist, hip and spine. The disease is characterised by low bone mass and deterioration of the micro-architecture of bone tissue leading to an increased risk of fracture. Bones are prone to break after a minor bump or fall. These broken bones are often referred to as fragility fractures.

#### About the National Osteoporosis Society

1. The National Osteoporosis Society is the only UK charity dedicated to ending the pain and suffering caused by osteoporosis
2. We are committed to helping people with osteoporosis live the lives they want to lead
3. We support researchers and healthcare professionals improve the prevention, diagnosis and treatment of osteoporosis and fragility fractures
4. We want every person over the age of 50 who breaks a bone to be assessed and treated for osteoporosis
5. We are campaigning for better provision of Fracture Liaison Services across the UK because it is a proven way of preventing future fractures
6. We offer free support and information to people affected by osteoporosis and fragility fractures, including a help-line (0845 450 0230) that receives more than 13,000 enquiries a year.
7. We are a charity, mainly funded by individual donations and legacies. We do not receive money from the government.

#### Facts about osteoporosis

1. 1 in 2 women and 1 in 5 men, over the age of 50, will break a bone, mainly because of poor bone health.
2. Osteoporosis is very common. We estimate that 3 million people in the UK have osteoporosis and there are roughly 300,000 fragility fractures a year.
3. The combined cost of hospital and social care for patients with hip fractures alone amounts to more than £2.3billion per year in the UK – that's approximately £6 million a day.
4. There are more hip fractures suffered by women in the UK than breast cancer diagnosed (Cancer Research, UK)

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