

“I was very determined to fight it and not let negativity affect me!”



THAT'S OSTEOPOROSIS

Early diagnosis and treatment, together with a healthy lifestyle and positive outlook, have helped Dr Brar, age 71, remain fracture-free.



Our vision is a world without fragility fracture in which healthy mobility is a reality for all

WorldOsteoporosisDay
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www.worldosteoporosisday.org