

She used to lead an active life - until one day
everything changed

THAT'S OSTEOPOROSIS

Since her hip fracture, Samia encourages her grandchildren to drink milk for strong bones, and repeats the phrase "So that you won't have a fracture" to family and neighbours alike.



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

WorldOsteoporosisDay
October20

www.worldosteoporosisday.org