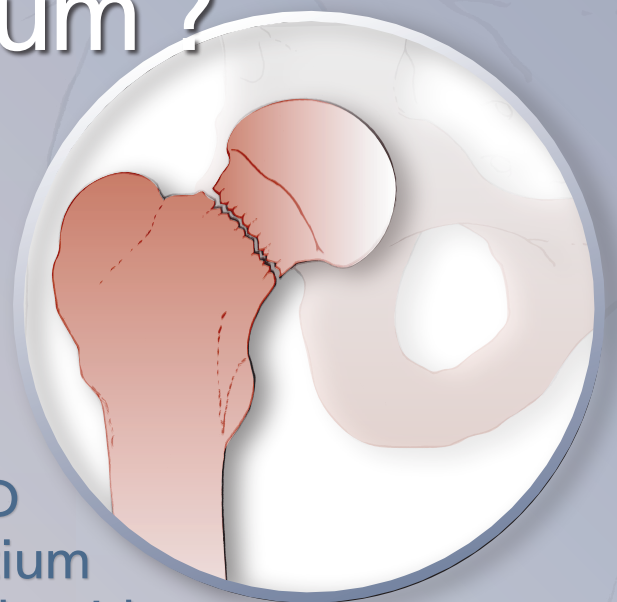


2000 South Australians fracture their hips each year!

Are you getting enough Vitamin D and Calcium?



The problem

It is well-known that fracture rates rise with age in western countries, largely due to the progressive development of a bone disease called osteoporosis, particularly in women. More than 2,000 hip fractures occur each year in South Australia and the number has been increasing annually with the ageing of the population.

Vitamin D with Calcium reduces the risk of hip fractures in people in residential care by 40%

You can help to reduce your hip fracture risk by asking the doctor to prescribe Vitamin D₃ with Calcium

www.safetyandquality.sa.gov.au



Government of South Australia
Department of Health