

London Osteoporosis Clinic is a group of leading Consultant Osteoporosis Physicians, Orthopaedic Surgeons and Sport & Exercise Medicine Doctors, Nutritionists, Physiotherapists, Strengthening Trainers specialising in the early diagnosis, treatment and optimal outcomes for osteoporosis and related musculoskeletal disorders.

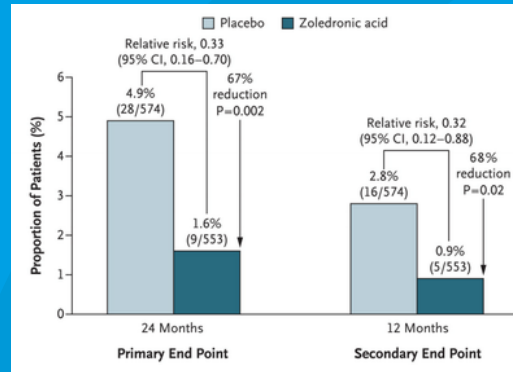
Our specialists have access to modern state of the art diagnostic and offer the very best and latest multidisciplinary treatments.

London Osteoporosis Clinic see patients at many locations, including

- HCA Healthcare at The Shard
- 9 Harley St
- Spire Hospital
- The Nuffield Hospital
- Wells Suite, Pembury Hospital
- Guthrie Wing, King's College Hospital
- Sevenoaks Medical Centre

Go to our website for more info at
www.londonosteoporosisclinic.com
www.9million2many.org

OSTEOPOROSIS CAN BE REVERSED &
FRACTURES PREVENTED - WITH TREATMENT
FRACTURE RATES HALVED...



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FIND OUT IF YOU ARE AT RISK OF OSTEOPOROSIS
BY TAKING OUR QUESTIONNAIRE AT
www.londonosteoporosisclinic.com

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To make an appointment:

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ARE YOU AT RISK FROM OSTEOPOROSIS?



Osteoporosis is a common silent condition in which bones lose their strength and are more likely to break but it can be treated and reversed

About Osteoporosis

Osteoporosis can be present at any age, but tends to affect older women and once it develops it can lead to fractures, but can be treated and prevented.



1 in 2 Women

1 in 5 Men

Are at risk of Osteoporosis*

8.9 MILLION

Total annual worldwide osteoporosis fractures are in excess of 8.9 Million.

A postmenopausal woman has a 50% chance of sustaining an osteoporosis-related fracture in her lifetime; 20% for men over 50 years old.

Once an osteoporosis fracture has occurred, the risk of future fractures at least doubles.

The prevalence of osteoporosis increases sharply with age: from approximately 2% at 50 years to more than 25% at 80 years.

There are more than 300,000 fragility fractures every year in the UK, including approximately 70,000 hip fractures.

We think this is unacceptable when there are effective treatments.

The impact of a hip fracture can be particularly devastating:

Only half of patients who survive a hip fracture will walk unaided again.

12 months after a hip fracture, 60% of patients require assistance with activities, such as feeding, dressing or toileting; 80% need help with activities, such as shopping or driving.

10–20% of these patients are forced to live in care homes in the year following a hip fracture.

Vertebral fractures also have a profound impact on morbidity and quality of life by causing back pain, loss of height and curvature of the spine (kyphosis), which may cause problems with breathing, eating and digestion.

THE IMPACT OF OSTEOPOROSIS

If Disability Adjusted Life Years (DALYs) are used to calculate the disability burden of different diseases, osteoporosis has a greater impact than most types of cancer, with the exception of lung cancer.

Hip fractures are the most common cause of accident-related deaths in older people and are also associated with increased mortality.

Vertebral fractures are also associated with increased mortality, with an estimated 4.4-fold increase.

PSYCHOLOGICAL IMPACT

Osteoporosis can have a psychological as well as a physical impact: 42% of women with osteoporosis experience depression, 58% a reduced sense of well-being and 41% a reduced quality of life.

References – <http://ow.ly/d/4kbB>

1. National Osteoporosis Society

2. World Health Organisation

3. International Osteoporosis Federation