

Am I Losing Height?

The Spinal Health Checklist

- Have you lost more than 2–3 cm in height since your 40s?
- Do your clothes feel longer than they used to?
- Do you experience back pain with no clear cause?
- Is your upper back becoming rounded (kyphosis)?
- Did you go through early menopause (before age 45)?

If you tick 2 or more of these boxes, you may have silent spinal fractures associated with osteoporosis.

No Referral
Needed

Osteoporosis is often silent. Spinal changes can occur before the first fracture.

What Does This Mean?

Height loss can be a sign of *small compression fractures* in the spine.

These fractures often go unnoticed but can increase future fracture risk if left unassessed.

WHY EARLY CHECKS MATTER

- Identify spinal fractures early
- Assess bone strength accurately
- Reduce future fracture risk
- Guide safe treatment and exercise



Book Your Priority
Assessment

Specialist-led bone health assessments