

AVOID A SECOND FRACTURE

LOOK AFTER YOURSELF INTERNALLY AS WELL AS EXTERNALLY



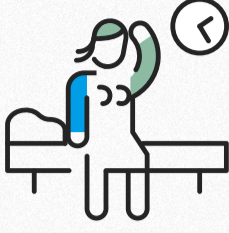
1.



Turn on the light

Make sure your home is well illuminated to avoid accidents, especially at night.

2.



Standing up with calm

Remain seated for a moment to avoid dizziness

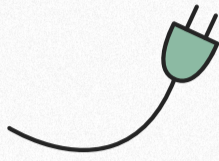
3.



Footwear with good support for your feet

Rubber soles are better as they ensure a good grip.

4.



Remove cumbersome objects

For example, plant pots, cables for lights or electrical devices in areas of transit.

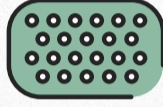
5.



Place strips inside the bath

To avoid slipping when getting out of the shower or bath.

6.



Take care to avoid falling over

Select nonslip rugs or fitted carpets without any folds.

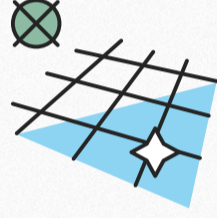
7.



Correct visual changes

Have your eyesight examined regularly.

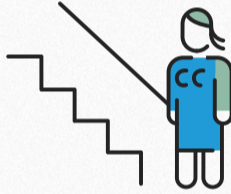
8.



Dry floors

They should not be excessively polished and waxed.

9.



Get a good grip

If climbing stairs, grip the rail, and if there is a lift, use it.

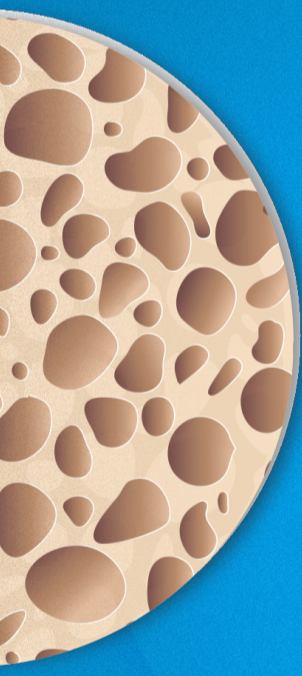
10.



Have a phone near to you

Save 112, and other numbers you may call in the case of a fall, in the contacts.

Did you know that...



- ✓ 1 in 3 women and 1 in 5 men over 50 will suffer an osteoporotic fracture during their lifetimes.
- ✓ Ageing and menopause increase the likelihood of osteoporosis, but some other diseases and treatments are also associated with its development.
- ✓ An advanced age, changes in mobility, nutritional problems and obstacles in the surroundings and the main causes of falls.
- ✓ Maintaining a good physical condition, looking after your diet and taking the medication are all prevention factors.
- ✓ Half of patients diagnosed with osteoporosis do not follow the treatment. Its effectiveness depends on following it correctly.

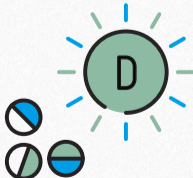
The basic pillars



Move yourself. Improve your balance and increase your muscle mass.



Eat well. Follow a calcium-rich diet.



Vitamin D. This is essential for absorbing calcium.



Follow your anti-osteoporotic treatment. Whenever it is required.