



## Osteoporosis: The Facts

*Alison J. Black, Rena Sandison, David M. Reid*

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Osteoporosis affects an estimated 3 million people in the UK. The condition causes the bones to become more fragile and therefore more prone to fractures, along with pain, a loss of movement and an inability to perform daily tasks. One in two women and one in five men in the UK will suffer a fracture after the age of 50.

Aimed at patients and carers, this book covers topics such as who is affected, what the risk factors are, and how patients can prevent or lessen the effects. The book looks forward to advances in diagnosis and treatment and how they have improved health outcomes of patients. Written by a leading osteoporosis specialist and Scientific Advisory Committee Member of the National Osteoporosis Society, this addition to the Facts series is a comprehensive guide to understanding and coping with this debilitating disease.

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