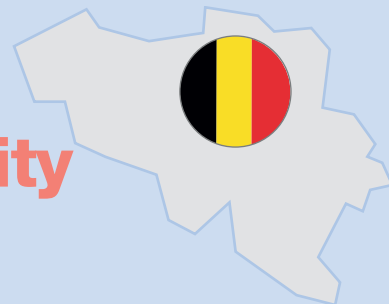
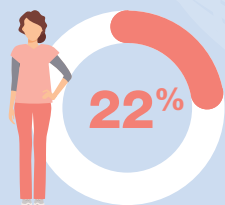


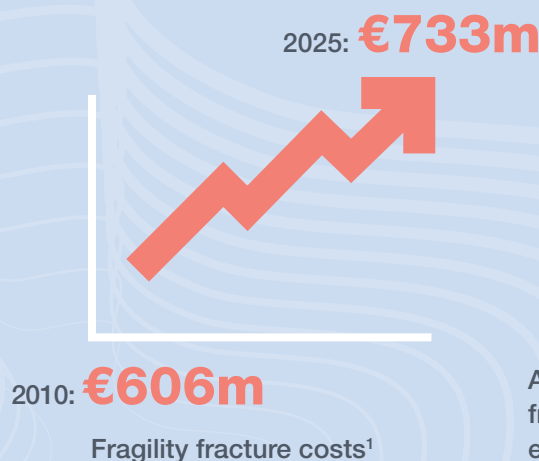
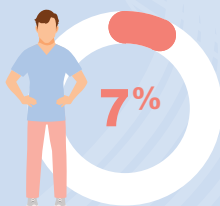
Osteoporosis and fragility fractures in Belgium



Osteoporosis is a chronic disease which weakens bones and leaves people at risk of a fragility fracture. These fractures are often life-changing events, bringing pain, isolation and dependency.



Approximately **22%** of women and **7%** of men over 50 in Belgium are living with osteoporosis.¹



Around **80,000** fragility fractures occur each year.¹



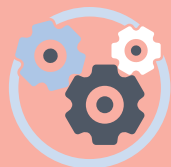
Only **20%** of people are prescribed osteoporosis medication after a fracture.²



Fracture risk is under-investigated. Fewer than **1 in 5** general practitioners use a fracture risk assessment tool in daily practice.³

As populations age, osteoporosis and fragility fractures will become more prevalent. This issue is under-recognised at policy level. If governments are to take seriously their commitments to gender equality, healthy ageing and healthcare sustainability, they must recognise the critical importance of addressing osteoporosis and fragility fractures as an immediate priority.

We are calling on policymakers to take action in five key areas:



Building a system that works: policies for scrutiny, accountability and investment



Catching it early: detection and management in primary care



Getting people back on track: facilitating multidisciplinary care post-fracture



Supporting quality of life as part of healthy and active ageing: prevention of falls and fractures in later life



Engaging patients and public: awareness, activation and self-management

Find out more at: hpolicy.co/osteo

References

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2. Belgian Health Care Knowledge Centre. 2011. *Prévention médicamenteuse des fractures ostéoporotiques*. Brussels: KCE
3. Bruyere O, Nicolet D, Compere S, et al. 2013. Perception, knowledge, and use by general practitioners of Belgium of a new WHO tool (FRAX) to assess the 10-year probability of fracture. *Rheumatol Int* 33(4): 979-83