

## ***News Release***

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# **NEW SURVEY SHOWS PATIENTS IN ASIA PACIFIC FAIL TO RECOGNIZE THEIR FRAGILITY FRACTURE IS DUE TO OSTEOPOROSIS, MISSED OPPORTUNITY TO PREVENT ANOTHER FRACTURE**

Nearly half don't know that a fracture is a warning sign  
for a treatable underlying cause;<sup>1</sup>  
3 out of 4 with early diagnosis of osteoporosis say it's key  
in preventing another fracture<sup>1</sup>

**HONG KONG, (20 October, 2017)** — Almost three quarters (74%) of patients in Asia Pacific who have had a fragility fracture say they are worried or very worried about breaking another bone,<sup>1</sup> but nearly one-third (29%) of patients did not discuss fracture prevention and osteoporosis, the underlying cause, with their doctor;<sup>1</sup> according to a new survey. The results of the *Fight the Fracture-International Osteoporosis Foundation (IOF) Survey 2017* were announced at the 5<sup>th</sup> Scientific Meeting of the Asian Federation of Osteoporosis Societies (AFOS) in Kuala Lumpur. The Survey interviewed 400 patients from five Asian countries/territories aged 60 years and over who had suffered a fragility fracture in the last two years and is the first project undertaken by Fight the Fracture, a public education campaign jointly launched by AFOS, IOF and Amgen.

Other key survey findings include:

- Almost 80% of patients say their fractures have had a great impact on their quality of life.<sup>1</sup>
- Of those patients who had a late diagnosis of osteoporosis, 4 out of 5 (80%) wish they had received earlier diagnosis as they feel they would have benefited from it.<sup>1</sup>
- Of those patients who had an early diagnosis of osteoporosis, 3 out of 4 (75%) agree that it has been key in helping prevent another fracture.<sup>1</sup>

“I remember feeling extremely, extremely unwell when the fracture happened and I thought I was going to die,” said Madam Zhuang, age 68 of Taipei, who had suffered a fracture three years ago while on holiday in Japan, and was diagnosed with osteoporosis soon after. “I am glad my osteoporosis is being treated now, as I cannot risk another fracture – my orthopaedic specialist told me that a second fracture within a year of the first one could be fatal.”

## **A Failure to Connect**

Despite the great extent to which the lives of patients and their families are impacted by fractures, the survey showed that patients in Asia Pacific have a limited understanding of fragility fractures and osteoporosis as an underlying cause, as well as increased risks of another fracture after the first one:

- Although a majority of patients (78%) claim they know what osteoporosis is,<sup>1</sup> over 80% of patients believe that weak bones are an inevitable feature of the normal ageing process.<sup>1</sup>
- Almost 40% of patients were not sure, or did not believe that they are at risk of having another fracture, whether at the same or different site.<sup>1</sup> Research shows however, that once a patient suffers a fragility fracture his or her risk of a future fracture increases up to 10 times.<sup>2</sup>
- More than one-third (37%) of patients say they were diagnosed with osteoporosis only after multiple subsequent visits to their doctor.<sup>1</sup>

## **Public Awareness Critical**

“Fragility fractures have crippling consequences for patients and their families. A second or third fracture is even more devastating for a patient, potentially costing his or her healthy mobility, independence or even life,” said Professor Cyrus Cooper, IOF President. “These findings are welcomed, timely evidence of the urgent need for greater awareness and understanding among patients, their families and caregivers. We encourage patients who have suffered a fracture to start conversations with their doctors immediately about ways to prevent another fracture from happening to them again.”

The survey is the first phase of the Fight the Fracture campaign, which aims to empower patients who have suffered a fragility fracture and their caregivers to proactively seek medical professional help in secondary care prevention – the prevention of a subsequent fracture – by providing them with educational information, tools and resources. These resources are hosted on [www.fightthefracture.asia](http://www.fightthefracture.asia).

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### **About AFOS**

AFOS consists of 10 member societies spanning 10 Asian countries and regions. It is the only pan Asian professional association that targets osteoporosis as an agenda. It encourages collaborative effort in clinical research and sharing of knowledge into osteoporosis. Osteoporosis and Sarcopenia, the AFOS journal, has been set up to for this platform. There is also concerted effort to reduce the load of osteoporosis in the region by encouraging advocacy, public awareness programmes as well as programmes to identify and treat the high risk populations.

### **About Amgen**

Amgen is committed to unlocking the potential of biology for patients suffering from serious illnesses by discovering, developing, manufacturing and delivering innovative human therapeutics. This approach begins by using tools like advanced human genetics to unravel the complexities of disease and understand the fundamentals of human biology.

Amgen focuses on areas of high unmet medical need and leverages its expertise to strive for solutions that improve health outcomes and dramatically improve people's lives. A biotechnology pioneer since 1980, Amgen has grown to be one of the world's leading independent biotechnology companies, has reached millions of patients around the world and is developing a pipeline of medicines with breakaway potential.

For more information, visit [www.amgen.com](http://www.amgen.com) and follow us on <https://twitter.com/amgen>

### **About the International Osteoporosis Foundation**

The International Osteoporosis Foundation (IOF) is the world's largest non-governmental organization dedicated to the prevention, diagnosis and treatment of osteoporosis and related musculoskeletal diseases. IOF members, including committees of scientific researchers as well as 240 patient, medical and research societies in 99 locations, work together to make fracture prevention and healthy mobility a worldwide health care priority. [www.iofbonehealth.org](http://www.iofbonehealth.org)

## **About Fight the Fracture and the *Fight the Fracture-IOF Survey 2017***

Fight the Fracture, a public education campaign, aims to empower patients who have suffered a fragility fracture and their caregivers to proactively seek medical professional help in secondary care prevention – the prevention of a subsequent fracture – by providing them with educational information, tools and resources. With this support in place, we envision patients will have a better understanding and awareness of fragility fractures and a common underlying cause, osteoporosis, which would encourage them to take the necessary steps to initiate a conversation with their doctor toward improved, proactive management of their condition.

Supported by the International Osteoporosis Foundation and Amgen, the *Fight the Fracture-IOF Survey 2017* was conducted in June 2017, through interviews with 400 patients who have suffered a fragility fracture across five Asia Pacific countries/territories – Hong Kong, Japan, Singapore, Taiwan and Thailand. All patients surveyed had suffered a fracture within the last two years and are aged 60 or older.

## **About Fragility Fractures and Osteoporosis**

Osteoporosis affects both men and women.<sup>3</sup> Osteoporosis is a condition that weakens bone over time, making them thinner, more brittle and more likely to break.<sup>3</sup> As a result, the skeleton becomes fragile, so that even a slight bump or fall can lead to a broken bone – referred to as a fragility fracture.<sup>4</sup> Fractures most often occur in the hip, spine, arm, wrist, ribs, legs and pelvis.<sup>5</sup> Fractures are expensive to treat, and disabling to the lives of those affected.<sup>5</sup> Moreover, fractures are associated with heightened risk of death.<sup>6</sup>

Osteoporosis can significantly compromise quality of life, leading to loss of independence, chronic pain, disability, emotional distress, lost productivity and reduced social interaction.<sup>6</sup> There is no cure for osteoporosis, however steps can be taken to help prevent, slow, or halt its progression.<sup>6</sup>

Risk factors for osteoporosis include age, smoking, excessive alcohol consumption, previous broken bones, a family history of osteoporosis and low body weight.<sup>7</sup>

Osteoporosis may be managed with anti-osteoporotic medication, weight-bearing exercise, adequate calcium intake and vitamin D exposure (sunlight and/or supplements are often required).<sup>6</sup>

## **References**

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<sup>3</sup> International Osteoporosis Foundation. What Is Osteoporosis? 2015. Available at: <http://www.iofbonehealth.org/what-is-osteoporosis> (Last accessed Sep 2017)

<sup>4</sup> International Osteoporosis Foundation. Capture the Fracture: A Global Campaign to Break the Fragility Fracture Cycle. 2012. Available at: <https://www.iofbonehealth.org/capture-fracture> (Last accessed Sep 2017)

<sup>5</sup> International Osteoporosis Foundation. Gaps and Solutions in Bone Health: A Global Framework for Improvement. Available at: <http://share.iofbonehealth.org/WOD/2016/thematic-report/WOD16-report-WEB-EN.pdf> (Last accessed Sep 2017)

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<sup>6</sup> International Osteoporosis Foundation. Facts and Statistics. Available at:  
<https://www.iofbonehealth.org/facts-statistics> (Last accessed Sep 2017)

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