

World Osteoporosis Day – 20 October

World Osteoporosis Day is observed every year on 20 October and provides an important opportunity to highlight the tremendous importance of prevention, early diagnosis, and appropriate treatment of the disease.

World Osteoporosis Day was first established in 1996 in the United Kingdom, with the support of the European Commission (EU). It is noteworthy that, until then, osteoporosis had not been recognized as a major health problem. In 1998, thanks to the coordinated efforts of two leading organizations—the European Foundation for Osteoporosis (EFO) and the International Federation of Societies on Skeletal Diseases (IFSSD)—the International Osteoporosis Foundation (IOF) was established, and since then it has led the global campaign for awareness, prevention, and management of the disease.

This year's campaign, under the slogan **"It's Unacceptable!"**, highlights the continuing gap in osteoporosis care.

Although the disease currently affects more than 500 million people worldwide and continues to increase in frequency due to rising life expectancy, it remains significantly underdiagnosed and undertreated, particularly in patients who have already sustained fragility fractures. Strikingly, up to 80% of people with osteoporotic fractures are not diagnosed or do not receive appropriate treatment. The consequences are serious: chronic pain, reduced quality of life, disability, loss of independence, increased risk of new fractures, and ultimately premature death. At a time when modern diagnostic tools, effective treatments, and organized models of care are available, osteoporosis can be prevented and managed effectively. However, as the global population ages and fracture rates continue to rise, osteoporosis must become a priority at every stage of life—from prevention at a young age to post-fracture care.

The message **"It's Unacceptable!"** calls on the public, healthcare professionals, and health authorities to close the treatment gap, dispel the myths, and make bone health a global priority.

"Let's make bone health a global priority."



1 in 3
Women



1 in 5
Men