

WITH GOOD MEDICAL CARE AND REGULAR EXERCISE, SHE'S MAINTAINED HER QUALITY OF LIFE

THAT'S OSTEOPOROSIS

Brenda, 78, is a former elite athlete who as a teenager experienced missed periods for months at a time due to excessive training. That set the scene for osteoporosis later in life.

[www.worldosteoporosisday.org](http://www.worldosteoporosisday.org)



World**Osteoporosis**Day  
October**20**