

Osteoporosis Easy Read

About Easy Read

Easier words with pictures to help explain some ideas.

On this page

Clicking on a link will take you to that section of the page.

1. [Osteoporosis](#)
2. [More information](#)

Osteoporosis

Person holding their elbow

This is an Easy Read guide about osteoporosis.

Osteoporosis is a hard word to read.

You can break it into two words to make it easier

- Osteo
- Porosis

Osteoporosis makes your bones weak.

Weak bones can break easy.

This guide explains

- What osteoporosis is.
- How to keep your bones strong.
- How to get your bones checked.

More information

Cover page of Living with Osteoporosis Easy Read.

If you use a screen-reader, use [this screen-reader friendly version.](#)

If a doctor has said you have osteoporosis you should use this guide [Easy Read about living with osteoporosis](#) .

This is an Easy Read guide about **osteoporosis**.

Osteoporosis is a health condition that makes bones weak. Weak bones can break more easily.

What is in the guide

This guide helps people with intellectual disability to understand:

- what osteoporosis is
- what can increase the risk of osteoporosis for people with intellectual disability
- how to keep bones strong and healthy
- tests and scans used to check bone health
- which health professionals can help.

Other formats and guides

If you use a screen-reader, you can download [this screen-reader friendly version.](#)

If you have been told that you have osteoporosis by a doctor, you should use this [Easy Read about living with osteoporosis](#) instead.

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you](#).

Person holding their elbow

This resource was made by

National Centre of Excellence in Intellectual Disability Health

The [National Centre of Excellence in Intellectual Disability Health](#) (the Centre) works to improve health services and the health system so people with intellectual disability can live their best, healthiest lives.

The Centre was funded by the Australian Government. It is part of the [National Roadmap for Improving the Health of People with Intellectual Disability](#).

- [Visit website](#)