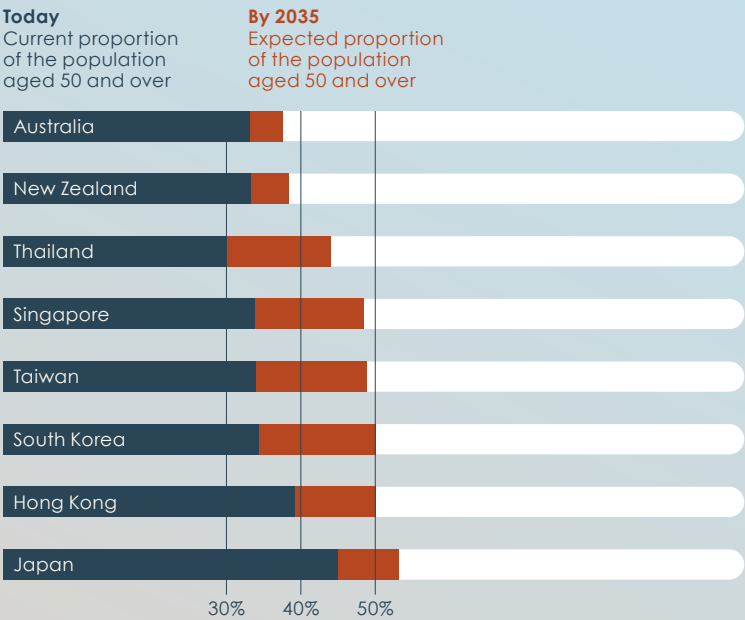


# DEMYSTIFYING AGEING: LIFTING THE BURDEN OF FRAGILITY FRACTURES AND OSTEOPOROSIS IN ASIA-PACIFIC

Ageing societies in Asia-Pacific are expecting significant increases in their elderly populations in the coming decades. People over 50 are at heightened risk of fragility fractures and osteoporosis, a so-called “silent disease” that causes bones to break more easily. Fractures are on the rise and countries and territories across the region are largely unprepared for it. **What is the extent of the challenge and what are governments doing to deal with this growing threat?**

## GOING GREY

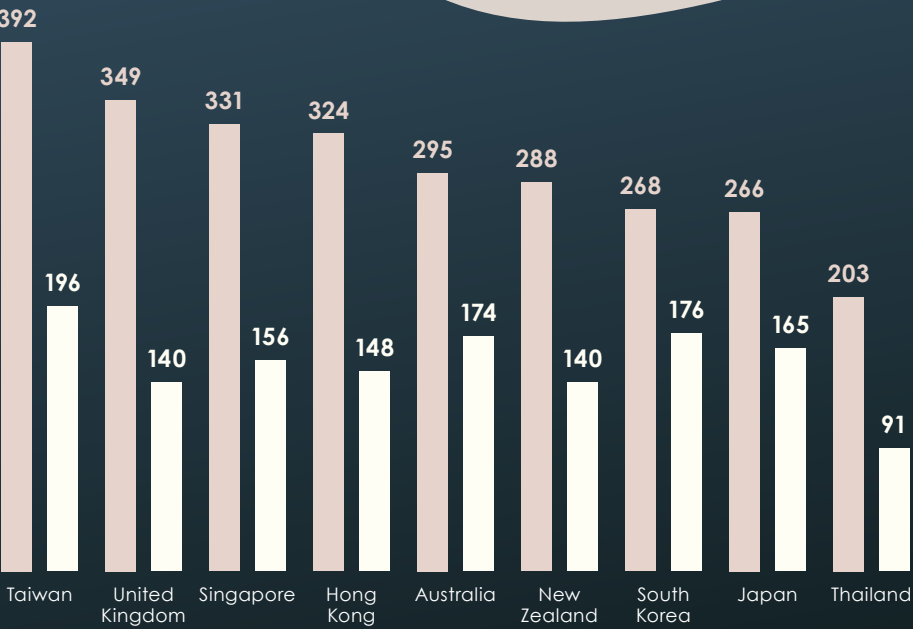
Developed economies in Asia-Pacific boast high shares of people over 50—the age at which osteoporosis commonly begins to manifest. This region is also ageing faster than any other in history, which will present unprecedented challenges to health systems in the decades to come.



Across the region, **people are unaware they have osteoporosis** and are at heightened risk of fracture. Health systems must do more to raise awareness and respond to rising fracture numbers.

Age standardised annual number of hip fractures per 100,000 population

■ Women  
■ Men



## FACING THE PAIN OF FRACTURES

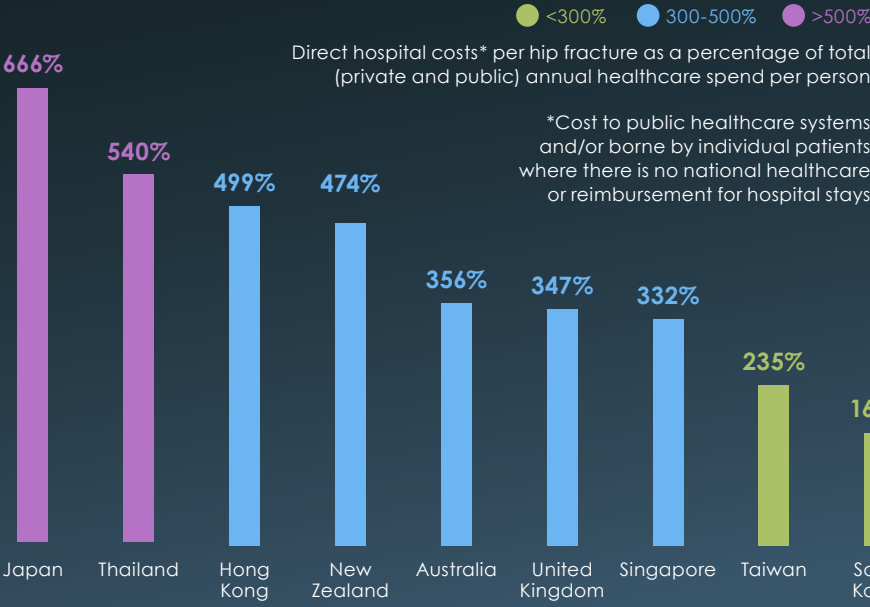
One of the most significant manifestations of Asia's demographic shift will be the growth of non-communicable diseases (NCDs) such as osteoporosis. Unlike most NCDs, osteoporosis is largely hidden from view until a person sustains its most deadly symptom: a fracture.

Given the rise in Asia's silver population, fractures are set to skyrocket — **it is projected that by 2050, 50% of all hip fractures will occur in the region.** Currently, fracture rates in eight largely developed markets are broadly comparable to those in Europe and North America (see UK data).

## SYSTEMS UNDER STRAIN

A lack of awareness surrounding fractures and osteoporosis means that it often loses out in the competition for scarce medical resources. Governments and practitioners are just now starting to recognise the costs of this disease, and to come to grips with the amount of strain it will likely place on medical systems in the years to come.

Such data as the amount hospitals must spend to address hip fractures, compared to how much they spend annually per person, show the extent of this issue (see UK data for international comparison figures).



**“It is inconceivable for any part of the Asia-Pacific region to declare that fractures in older people are not a public health problem.”**

Cyrus Cooper, president, International Osteoporosis Foundation

## ASSESSING EIGHT ASIA-PACIFIC ECONOMIES

Economies around the region are starting to take steps to address fractures and osteoporosis, though progress is uneven and much more needs to be done. The table below presents a selection of indicators from the Asia-Pacific fracture and osteoporosis scorecard, created by The EIU and sponsored by Amgen.

	Australia	Hong Kong	Japan	New Zealand	Singapore	South Korea	Taiwan	Thailand
Is there a national plan for healthy ageing (amber) that explicitly addresses bone health/osteoporosis (green)? Neither (red).	Green	Amber	Amber	Amber	Green	Red	Green	Red
What percentage of hospitals offer fracture liaison services (FLSs) to prevent secondary fractures? > 50% (green), 1-50% (amber), not implemented (red).*	Amber	Amber	Amber	Green	Green	Red	Amber	Red
Average number of days hip fracture patients have to wait for surgery: 1 to 2 days (green), 2 to 3 days (amber), 3+ days (red).**	Green	Amber	Red	Green	Amber	Green	Green	Green

\*2013 data, number of FLSs in Taiwan has subsequently increased by an order of magnitude but reliable, national data is lacking

\*\*Thailand only treats 53% of hip fracture patients surgically, other economies treat ~90% surgically

TO VIEW the entire scorecard and read the white paper, including detailed country reports, visit <http://bit.ly/fragilityfractures>