



University of
South Australia



Successful Ageing Seminar

Osteoporosis – preventative strategies

Every five-six minutes, someone is admitted to an Australian hospital with an osteoporotic fracture, which often results in early death or at the very least a loss of mobility. This is expected to rise to every three-four minutes by the year 2021, as the population ages and the number of osteoporotic fractures increase. The direct treatment of these fractures makes up \$1 billion of the national health budget. One in two women and one in three men over 60 years will have an osteoporotic fracture in Australia.

Bone health is maintained in the body by getting adequate calcium, vitamin D and exercise and this seminar will look at the strategies we should employ to reduce the risk of osteoporosis as we age.

The key speaker will be Professor Howard Morris, Professor of Medical Science at UniSA and a Chief Medical Scientist at SA Pathology. His talk will focus on dietary strategies for fracture prevention. Dr Shylie Mackintosh, School of Health Sciences, UniSA will complement his lecture and outline exercise strategy for falls prevention.

FREE admission

Date: Friday 20 April 2012

Time: 2pm – 4pm

Venue: Lecture Theatre BH2-09
Barbara Hanrahan Building
(Ground Floor)
City West campus
North Terrace, Adelaide

Registration essential

Phone: 8302 0160

OR

Email: giving@unisa.edu.au

Afternoon tea will be served

www.unisa.edu.au/giving

Successful Ageing Seminar series



University of
South Australia

Kindeliverablereturn to: Alumni & Development Office, University of South Australia, GPO Box 2471
Adelaide South Australia 5001

POSTAGE
PAID
AUSTRALIA

You are invited to hear from two experts in the field of osteoporosis

Professor Howard Morris
Professor of Medical Science at the University of South
Australia and a Chief Medical Scientist in Chemical
Pathology at SA Pathology

Dr Shylie Mackintosh
Senior Lecturer, School of Health
Sciences, UniSA

FREE event Tickets will not be issued, but registration is essential

UniSA's free Successful Ageing Seminar series consists of special presentations on topical issues relevant to Alumni and the community. The seminars, delivered by UniSA academic staff and allied professionals, provide access to the latest information and research on a range of health and lifestyle issues.

www.unisa.edu.au/giving/news/successfulageing

If you would like to receive email notification of future seminars, update your details or be removed from the Successful Ageing Seminar mailing list please complete the form at www.unisa.edu.au/giving/update or phone 8302 2752.