



STADA Fact of the Month

STADA Health Report on World Osteoporosis Day 2020: Europeans know too little about bone disease

Bad Vilbel, 20 October 2020 – Today is "World Osteoporosis Day". The International Osteoporosis Foundation (IOF) organises this day of action. The aim: to raise awareness of bone disease, which is one of the 10 most common chronic diseases worldwide.¹ And this is essential, because knowledge about osteoporosis is sorely lacking.

The STADA Health Report 2020 shows that only 22 percent of Europeans know that osteoporosis can be caused by genetic predisposition. At 27 percent, Italians are best informed, while in Russia only 10 percent know about genetic predisposition. An early diagnosis can help to prevent damage to bones. It is hardly surprising that European women (26 percent) are better informed about their genetic disposition than men (19 percent): because 80 percent of all those affected are women.²

Worldwide, every third woman and every fifth man over the age of fifty suffers a bone fracture due to osteoporosis.³ Various treatment options are available, including biological drugs, for which cost-effective biosimilar alternatives are available. Those who know about the disease and possible predispositions can start preventive measures early. These include supplying the body with sufficient calcium and vitamin D and taking regular exercise to strengthen muscles. This is because osteoporosis causes a decrease in bone density.⁴ Depending on the progression of the disease, bones

¹ <https://www.osteoporose-deutschland.de/osteoporose/daten-und-fakten/> (consulted 18.09.2020)

² <https://www.osteoporose-deutschland.de/osteoporose/daten-und-fakten/> (consulted 18.09.2020)

³ <https://www.osteoporosis.foundation/patients/about-osteoporosis>

⁴ <https://www.bzga.de/presse/pressearchiv/pressemitteilungen-2016/2016-10-19-echte-knochenarbeit-osteoporose-praevention/> consulted 18.09.2020)

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Chairman of the Supervisory Board: Dr. Günter von Au



become porous and unstable to varying degrees. Preventive actions help to avoid fractures in so far as possible.

These are the results of the second international STADA Health Report 2020, a representative study with more than 24,000 respondents from twelve countries. On behalf of STADA Arzneimittel AG, the Kantar market research institute interviewed around 2,000 people aged between 18 and 99 years from Austria, Belgium, Finland, France, Germany, Italy, Poland, Russia, Serbia, Spain, Switzerland and the United Kingdom on the topic of "The road to the future of health". Further information on the STADA Health Report and much more can be found at: www.yourhealth.stada.

About STADA Arzneimittel AG

STADA Arzneimittel AG is headquartered in Bad Vilbel, Germany. The company focuses on a two-pillar strategy consisting of generics, including specialty pharmaceuticals and non-prescription consumer health products. Worldwide, STADA Arzneimittel AG sells its products in approximately 120 countries. In financial year 2019, STADA achieved adjusted Group sales of EUR 2,608.6 million and adjusted earnings before interest, taxes, depreciation and amortization (EBITDA) of EUR 625.5 million. As of December 31, 2019, STADA employed 11,100 people worldwide.

Additional information for journalists:

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