

## Two-in-five missing vital bone tests

*Olympic Champion Sally Pearson OAM to join doctors & patients to launch national bone health report*

A landmark national report, set for release tomorrow ([Monday, October 27, 2025](#)), will reveal gaps in osteoporosis detection and treatment in Australia, with two-in-five (40%) who fracture a bone from a minor fall having never undergone a bone density test.<sup>1</sup>

The *Know Your Bones Community Risk Report (Fourth Edition 2025)* – developed by Healthy Bones Australia (HBA) – will be launched at a late morning Parliamentary Friends of Bone Health event at Parliament House, Canberra.

Based on more than 126,500 Australians who completed the *Know Your Bones* online self-assessment, the report will reveal only 14 per cent of respondents were prescribed osteoporosis medication post-fracture, underscoring the need for earlier testing and treatment to prevent further, and more severe bone breaks.<sup>1</sup>

The event will mark a national effort by Healthy Bones Australia to boost public awareness, prevention, and early testing, targeting women most at risk.

Those joining the national call-to-action launch event will include:

- **Olympic Gold Medallist and Know Your Bones Ambassador, Sally Pearson OAM;**
- **Leading doctors;**
- **Australians living with osteoporosis.**

To learn more about the new findings from the *Know Your Bones Community Risk Report*, tee up an interview with a spokesperson overleaf.



## AVAILABLE FOR INTERVIEW, VISION & PHOTO OPPORTUNITIES

| <b>EXPERTS</b>                              |   |
|---|---|
| <b>Prof Peter Wong</b>                      | Medical Director & Chair, Medical & Scientific Advisory Committee, Healthy Bones Australia; & Head of Rheumatology, Western Sydney Local Health District, <b>SYDNEY (VISITING CANBERRA)</b>   |
| <b>Prof Mark Cooper</b>                     | Board Member, Healthy Bones Australia; President, Australian & New Zealand Bone & Mineral Society (ANZBMS); Professor of Medicine & Head of Concord Clinical School, University of Sydney, <b>SYDNEY (VISITING CANBERRA)</b>  |
| <b>Mr Greg Lyubomirsky</b>                  | CEO, Healthy Bones Australia, <b>SYDNEY (VISITING CANBERRA)</b>   |
| <b>Dr Shoshana Sztal – Mazer</b>            | Medical Committee Member, Healthy Bones Australia; Endocrinologist; Clinical Lead, Metabolic Bone Service, Department of Endocrinology & Diabetes, Alfred Health, <b>MELBOURNE (VISITING CANBERRA)</b>  |
| <b>Dr Amanda Cox</b>                        | Member, Healthy Bones Australia Medical Committee; & General Practitioner, <b>BRISBANE</b>  |
| <b>Prof Charles Inderjeeth</b>              | Medical & Scientific Advisory Committee, Healthy Bones Australia; Director of Clinical Training, Sir Charles Gairdner & Osborne Park Health Group; Clinical Professor, University of Western Australia; & Consultant Physician in Rheumatology & Geriatric Medicine, <b>PERTH</b>                                     |
| <b>HEALTHY BONES AUSTRALIA AMBASSADOR</b>   |   |
| <b>Sally Pearson, OAM</b>                   | Healthy Bones Ambassador, Olympic Gold Medallist, two-time World Champion, sports presenter & mother-of-two, <b>GOLD COAST (VISITING CANBERRA)</b>  |
| <b>AUSTRALIANS LIVING WITH OSTEOPOROSIS</b> |   |
| <b>Susanne OAM, 71</b>                      | Writer & children's book author diagnosed with osteoporosis after multiple fractures, <b>SYDNEY</b>   |
| <b>Kristy, 34</b>                           | Assistant brand manager, health coach, & women's health advocate diagnosed with osteopenia in her late 20's, <b>SYDNEY</b>  |
| <b>Marilyn, 70</b>                          | Graphic designer & classic car enthusiast diagnosed with osteoporosis after falling & fracturing her arm, <b>SYDNEY</b>   |
| <b>Carole, 71</b>                           | Retired business consultant who has sustained multiple bone fractures & loss of height, Glenning Valley, <b>CENTRAL COAST, NSW (VISITING CANBERRA)</b>  |
| <b>Elaine, 61</b>                           | Consumer advocate, GP practice manager, mum & grandmother living with severe osteoporosis, <b>MELBOURNE (VISITING CANBERRA)</b>   |
| <b>Kimberley, 45</b>                        | Wife & mother-to-two who was diagnosed with pregnancy-related osteoporosis following the birth of her second child, <b>BRISBANE</b>   |
| <b>Jodie, 54</b>                            | Volunteer, health advocate & mother-of-two who overcame steroid treatment induced osteoporosis, <b>TOOWOOMBA</b>  |
| <b>DIGITAL MEDIA KIT</b>                    | <a href="http://www.healthybonesmediakit.com.au">www.healthybonesmediakit.com.au</a> – AVAILABLE FOR DOWNLOAD MON, OCT 27   |
| <b>BROADCAST VISION</b>                     | <a href="http://www.healthybonesmediakit.com.au/vnr">www.healthybonesmediakit.com.au/vnr</a>  |
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To learn more about Healthy Bones Australia, head to [healthybonesaustralia.org.au](http://healthybonesaustralia.org.au), or for help and support, call 1800 242 141.

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### Reference

1. Healthy Bones Australia and Garvan Institute of Medical Research. Know Your Bones Community Risk Report: Fourth Edition 2025. Available from: <https://healthybonesaustralia.org.au/about-us/publications-reports>.