

Appendix 1: Cumulative incidence of fracture in patients with hepatitis B taking ETV or TDF aged 60 or above

	Entecavir (ETV)	Tenofovir Disoproxil Fumarate (TDF)
Cumulative fracture incidence at month 24 of treatment	2.6%	2.3%
Cumulative fracture incidence at month 60 of treatment	4.7%	6.4%
Cumulative fracture incidence at month 96 of treatment	6.8%	10.2%

Appendix 2: Measures that can help to prevent fractures in elderly people

1) Adequate intake of calcium, vitamin D and protein

Calcium and vitamin D are vital for bone health. Dairy products, tofu and nuts are rich in calcium; regular sun exposure of 15-30 minutes is a natural way to get enough vitamin D. Protein supports muscle growth, which is crucial to supporting body movement and providing protection for the bones.

2) Quit smoking and drinking

Both tobacco and alcohol slow the production of bone-forming cells. The latter also reduces calcium and magnesium absorption.

3) Plenty of exercise, especially balance training

Exercise can strengthen muscles and bones; balance training, in particular, can prevent falls and lower the chance of fracture.

4) Weight control

Maintaining good weight control can help reduce pressure on the joints and bones, and protect joints from degeneration, avoiding falls due to poor mobility.

5) Home safety and wearing the right shoes

Get rid of clutter in the house. Opt for non-slip shoes.