

If you have broken a bone from a bump or fall, even a very hard fall, you need a fracture risk assessment.

PRESCRIPTION MEDICATIONS CAN REDUCE YOUR RISK OF HAVING ANOTHER BREAK OR FRACTURE.

If prescribed a medication to lower your risk of future fracture:

- Ask questions. The FLS coordinator is there for you!
- Make sure you follow the directions closely.
- Discuss any concerns with your FLS coordinator and/or your healthcare provider.
- Never stop your prescription medication on your own without letting your doctor and/or FLS know. You may need a different prescription medication.

We want to make THIS break your last!

YOUR FLS TEAM:

More Information

Osteoporosis.ca
1-800-463-6842

Or Connect with COPN (Canadian Osteoporosis Patient Network):
Osteoporosis.ca/copn

OSTEOPOROSIS

FLS
FRACTURE LIAISON SERVICE

**MAKE THIS
BREAK
YOUR LAST**



OSTEOPOROSIS

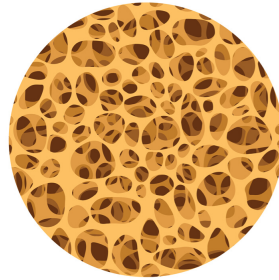
Why do bones break?

A broken bone/fracture that happens from a slip or fall from standing height (or less), even if you fell really hard, may be the result of more than just your fall. It may be due to low bone density, poor bone quality and/or osteoporosis. Osteoporosis is a SILENT disease that causes bones to become fragile and break easily.

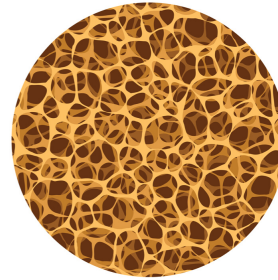
Why fractures matter.

A broken bone/fracture puts you at risk of future fractures and your biggest risk of having another one is within the next 1 to 5 years. This broken/fractured bone may be your ONLY warning sign of osteoporosis.

Fractures can lead to pain, disability, loss of independence and sometimes even death.



NORMAL



OSTEOPOROSIS

What is an FLS?

An FLS (Fracture Liaison Service) is a program designed specifically to help you prevent another broken bone/fracture.

In an FLS, a coordinator screens patients who have broken/fractured a bone, determines their future fracture risk and follows them to make sure they receive the appropriate care they need to lower their risk of having another break/fracture.

If you are at high risk of a future break, prescription medication can lower your risk of having another break/fracture. Taking your prescription medication as directed is very important.

WHAT FLS WILL DO FOR YOU

To help reduce your risk of a future break/fracture, this FLS may do or recommend:

- bone health assessment
- fracture risk assessment using FRAX or CAROC
- bone mineral density (BMD) testing
- spine x-rays or vertebral fracture assessment
- blood tests
- information and/or tips for healthy bones & lifestyle
- physiotherapy and/or exercise class
- adequate vitamin D & calcium intake
- falls prevention program
- prescription medication (if you are found to be high risk of future break/fracture)
- referral to a specialist