

# FLS

Fracture Liaison Service

Preventing  
costly  
fractures

Info sheet 1.0

## Debilitating impact of fractures

Jan 2022

### WHY FRACTURES MATTER

Fractures have severe consequences.

After a hip fracture:



**80%**

of patients cannot perform basic activities



**30-60%**

of patients will not regain full independence



**15-25%**

of patients enter into long term care



**23%**

(Women)

will die

**36%**

(Men)

within 1 year of their broken hip

**Over 80% of all broken bones after the age of 50 are caused by osteoporosis.**

These fractures cause pain and disability which can be permanent. Some fractures such as hip and spine are also associated with an increased risk of dying.



" I thought I was a klutz as I kept breaking bone after bone. I lived in fear...worried about falling. The possibility of osteoporosis was never mentioned to me until my 6th fracture when FLS found me and led me to my diagnosis. I was started on an effective osteoporosis medication 4 years ago now and that has changed my life. I've been fracture-free ever since."

Linda (71 years old), FLS Patient



An FLS is a specific model of care where a dedicated coordinator proactively identifies fracture patients, typically in orthopaedic services, on a system-wide basis, and determines their fracture risk with the express purpose of facilitating effective osteoporosis treatment for high-risk patients. FLS is the only intervention that has been proven to have a meaningful impact (i.e., with at least a two-fold improvement) on the post-fracture osteoporosis care gap.

 **OSTEOPOROSIS**

**Need more info on FLS?**

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