


# Osteoporosis and After-Fracture Care: Options For Follow-up That Help Prevent Future Fractures

## What are Fracture Liaison Services (FLS)?

Fracture Liaison Services are coordinated fracture (broken bone) prevention services made up of a team of health care providers who work together with anyone who has fractured over age 50 to help them avoid experiencing another fracture after experiencing a first one, especially if they live with osteoporosis or weakened bones.

## What Are FLS Benefits?

- Intake of your detailed medical history
- Give you a bone density screening (DEXA/DXA scan)
- Take X-rays to check for fragility fractures of the spine
- Conduct lab testing to check vitamin D and calcium levels
- Helps you maintain and achieve bone health and prevent future fractures
- Can pinpoint proper osteoporosis diagnoses and help develop and discuss a plan, treatment options, and lifestyle changes you can use to help improve or maintain your bone health.



Women over 45 are more likely to spend more days in hospital due to osteoporosis than due to diabetes, heart attacks or breast cancer.

Men over 50 are more likely to experience a fracture due to osteoporosis than to get prostate cancer.

## Your FLS care team may also:

- Discuss whether a rehabilitation program may help you
- Prescribe osteoporosis medication to help prevent secondary fractures and promote bone health
- Recommend lifestyle measures to strengthen bones, such as doing weight-bearing exercises and taking calcium and vitamin D supplements
- Suggest home modifications to help prevent falls

## Alternative Options When You Don't Have Access To A Fracture Liaison Service (FLS):

- **Talk to your primary care doctor:** Your primary care doctor can help coordinate your post-fracture care and refer you to specialists. They can also help you develop a plan for managing your bone health.
- **See an endocrinologist:** An endocrinologist specializes in bone health and can provide a complete bone health evaluation and discuss treatment options with you.
- **Seek out a physical therapist:** A physical therapist can work with you to improve your strength, balance, and flexibility, and teach you exercises to help prevent future falls and fractures.
- **Other community resources:** Depending on where you live, there may be other resources available to help you manage your post-fracture care, like hospitals, clinics or community centers that have programs about osteoporosis, fractures, fall prevention and treatment options.



80%

of patients who experience a fracture never receive a screening or follow up care on future fracture risk or treatment for osteoporosis.

This makes Fracture Liaison Services and other after-fracture care options even more important for people who fracture and/or live with osteoporosis