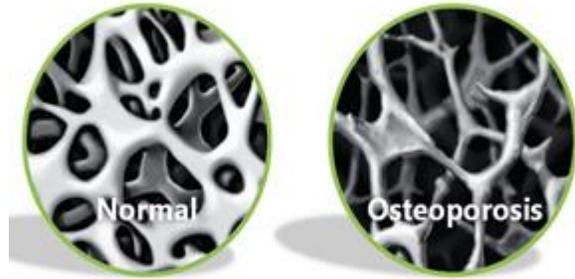


# After Your Hip Fracture



*If you are 50 years of age or older and have a broken hip, you may be at risk of breaking another bone.*

The Fracture Prevention Coordinator working at Cambridge Memorial Hospital may contact you to discuss your bone health and help you reduce your risk of another fracture (broken bone).

You should know:

- It is **not** normal to break a bone if you fall from standing height, (e.g., slip on ice, trip in bathroom). This may be a sign of **osteoporosis** (thin and porous bone).
- A broken bone may be your **first** and **only** sign of osteoporosis.
- 1 in 3 women and 1 in 5 men will suffer an osteoporotic fracture in their lifetime.
- 1 in 3 hip fracture patients **fracture again within a year**.
- With appropriate assessment and treatment, *you can* reduce your risk of breaking another bone.

Speak to your Health Care Provider as soon as possible to discuss your bone health and **need for appropriate care** in order to reduce your risk of breaking a bone in the future.



Osteoporosis Canada  
Ostéoporose Canada



For specific information about your broken hip, please contact your health care provider.  
For general information about osteoporosis and fracture risk reduction, please call  
Osteoporosis Canada at: 1-800-463-6842 or visit: [www.osteoporosis.ca](http://www.osteoporosis.ca)