



Osteoporosis Canada
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You have been admitted to hospital because you have had a hip fracture (a broken bone).

If your broken bone is a result of a slip, trip or fall from standing height or lower, it can be a warning sign that your bones may have become weak due to a condition called osteoporosis.

If you broke your hip in this way, you may be contacted by a Fracture Prevention Coordinator while you are in the hospital or after you have been discharged. The **Fracture Prevention Coordinator** with the Fracture Screening and Prevention Program (FSPP) helps to connect you with the care and treatment you may need to reduce your risk of another fracture.

If the Fracture Prevention Coordinator speaks with you, she/he will ask you some questions, including questions about your fracture, and she/he will talk with you about your bone health.

She/he will also talk to you about how you can reduce your risk of future fracture and may arrange for you to be further assessed by a specialist. A specialist can treat osteoporosis and help prevent more fractures.

If you have any questions about the Fracture Screening and Prevention Program, please call 519-751-5544 ext 4420. For specific information about your broken hip, please contact your health care provider.

You should know:

- It is not normal to break a bone as a result of a fall from standing height or lower (i.e. slip on the ice, trip in the bathroom)
- 1 in 3 women and 1 in 5 men will suffer an osteoporotic fracture, such as a hip fracture, in their lifetime
- A broken bone may be your first and only sign of osteoporosis
- 1 in 3 hip fracture patients fracture again within a year
- If you are 50 or older and have had a hip fracture as a result of a simple fall, a fracture risk assessment can help you reduce your risk of future fracture