

## POP QUIZ



# OSTEOPOROSIS and FRACTURE PREVENTION in *long term care*

Let's start talking about  
osteoporosis and fracture prevention

1. Who suffers more morbidity and mortality from osteoporotic hip fractures?



www.osteoporosis.org.au

Women  Men

2. What is the most common and often under-recognized type of osteoporotic fracture?

Hip  Spine  Ankle  Wrist

3. What is the most devastating type of osteoporotic fracture?

Hip  Spine  Ankle  Wrist

4. Taking Vitamin D reduces falls by \_\_\_\_\_%

1%  5%  10%  20%

5. What is the biggest cause of fractures in adults over age 50?

Falls  Osteoporosis  Accidents

1. Men  
2. Spine (Vertebral)  
3. Hip  
4. 20%  
5. Osteoporosis

## MAKE NO BONES ABOUT IT

ONTARIO  
OSTEOPOROSIS  
STRATEGY FOR  
LONG-TERM CARE

For more information  
[www.ostestrategy.on.ca](http://www.ostestrategy.on.ca)



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Linking Caregivers, Researchers & Policy Makers

Feb 2009