

Fracture Facts

- If you have **already** had a fracture, you may be at **high risk** for another fracture.
- A **spine** or **hip** fracture puts you at **very high risk** for another fracture – you need treatment for osteoporosis.
- **Spine** fractures are not always painful but can result in loss of height, a rounded back or both.
- **Any** fracture after age 40 means you may need a bone density test and a fracture risk assessment with FRAX or CAROC.

Ask your
doctor about
a Fracture
Risk
Assessment

Take Action

Your risk of having another fracture can be reduced!

Ask your doctor about diagnosis and treatment options.

Visit

www.osteoporosis.ca

for more information or call:

Osteoporosis Canada

1-800-463-6842



Osteoporosis Canada

Ostéoporose Canada



Make your
FIRST break
your **LAST**

INSIST ON ASSESSMENT

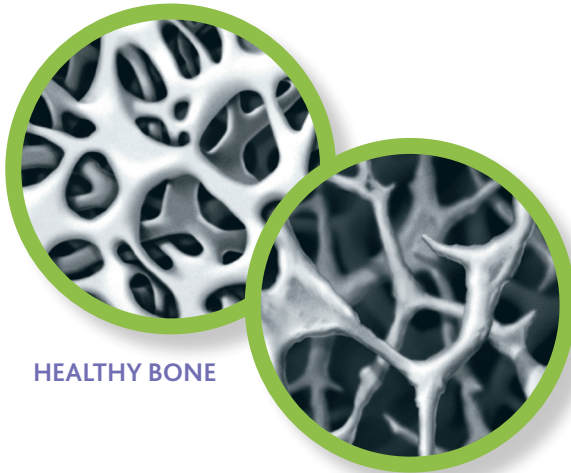


Why Do Bones Break?

A fracture or broken bone that happens when you...

- trip, slip or have a minor fall
- pick up a child or an object
- make a bed
- cough or sneeze
- or perform a simple task

...may be the result of a condition known as OSTEOPOROSIS, which causes bones to break easily



HEALTHY BONE

OSTEOPOROTIC BONE

A broken bone is called a **fracture** and may be a warning sign of **osteoporosis!**

Did You Know?



OSTEOPOROSIS:

- Increases the risk of broken bones
- Occurs in both men and women
- Increases with age but can also affect younger individuals
- Can be inherited

A fracture may be your **FIRST** and **ONLY** sign of osteoporosis and can lead to **MORE** fractures

Without proper treatment, individuals with osteoporosis are **at risk of breaking more bones.**

An Important Checklist

To reduce your risk of fractures, see your doctor and **take this brochure with you!**

1. TELL YOUR DOCTOR ABOUT:

- Any bones you have broken as an adult
- Any loss of height
- Any previous falls

2. ASK YOUR DOCTOR FOR:

- A height measurement
- A spine X-ray if you've lost height
- A falls assessment
- A fracture risk assessment using FRAX or CAROC
- A bone density test (a simple, painless X-ray)

3. LEARN ABOUT OSTEOPOROSIS

- Contact Osteoporosis Canada at **www.osteoporosis.ca** or toll free at **1-800-463-6842**



Ask your doctor about a **fracture risk assessment.**