

## Take Action

Osteoporosis Canada has many resources around bone health.

### Bone Health 101

What you need to know about your bone health. To register or find out more:

Email [cpearcy@osteoporosis.ca](mailto:cpearcy@osteoporosis.ca)

Call: 1-800-463-6842 ext 2475

### Tips on Exercise

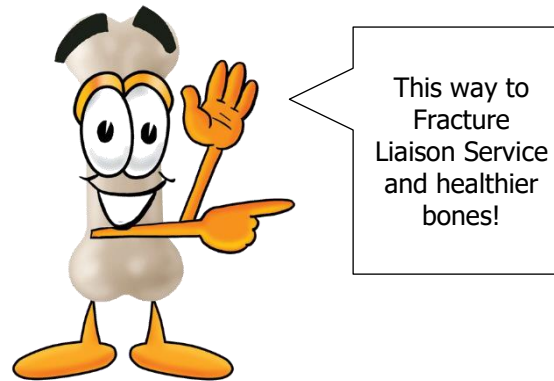
[osteoporosis.ca/exercise-recommendations/](https://osteoporosis.ca/exercise-recommendations/)

### 'Too Fit to Fracture' Exercise Video Series

[osteoporosis.ca/video-series-on-exercise-and-osteoporosis/](https://osteoporosis.ca/video-series-on-exercise-and-osteoporosis/)

### Nutritional Tips

[osteoporosis.ca/nutrition/](https://osteoporosis.ca/nutrition/)



## Location

Peace Arch Hospital  
Berkeley Building  
15476 Vine Avenue  
White Rock

## Phone

604-535-4500  
Local 757693

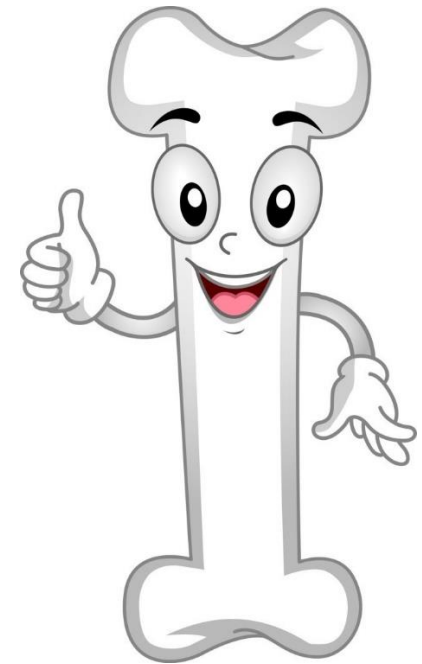
[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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For more copies: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)

## Fracture Liaison Service



## What is the Fracture Liaison Service?

The Fracture Liaison Service (FLS) is a program designed to check for osteoporosis and help stop you from having another broken bone (fracture). This service improves the health and quality of life for many people by finding osteoporosis early.



You need to get checked for osteoporosis if you are 50 years of age or over and had a fracture from a simple fall.

## What can I expect?

A medical doctor works in partnership with a Fracture Liaison Service nurse. The nurse will assess you for the risk of having another fracture if you are 50 years of age or older and had a fracture due to a simple fall.

You might have blood work, X-rays and bone mineral density (BMD) testing.

We will recommend Osteoporosis treatments (this might include diet, exercises and medications).

**We want to make this break your last!**

## Did you know?

- Osteoporosis is a condition where bones become weaker and the risk of fracture is increased.
- Osteoporosis is the underlying cause of fractures that happen after a simple fall.
- Osteoporosis used to be thought of as a “woman’s” disease but we now know that anyone can have osteoporosis.
- Every time a fracture happens, there is an opportunity to stop another fracture.
- Every year 30 thousand Canadians fracture a hip.
- 50 percent of people who suffer a hip fracture had a previous fracture but were never treated for osteoporosis.