

TAKE ACTION!

Education classes are offered at
iConnect Health Centre
(beside Peace Arch Hospital)

- Come learn about osteoporosis and your risk factors
- How you can manage the condition and what treatment options are available: diet, exercise and when medications are recommended
- Tips on how to avoid falls and stay safe
- Provide you with ideas on what you can do to live well with osteoporosis



*We're here to work with
you...as a partner in
health!*

Contact Us!

This way to FLS
and healthier
bones!



Fracture Liaison Service

**Peace Arch Hospital
Berkeley Building,
15476 Vine Avenue**



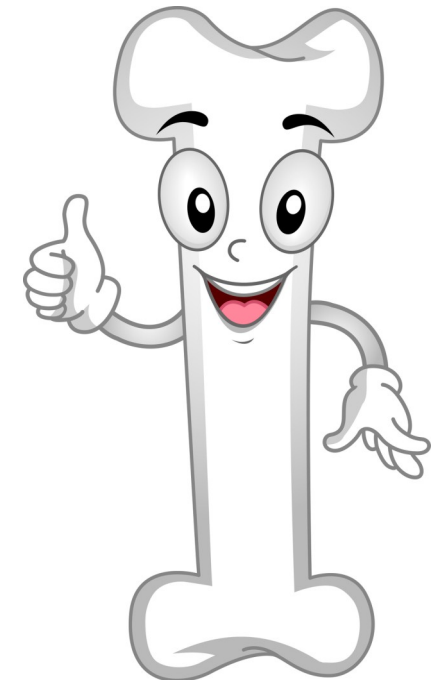
**604-535-4500
Local 757693**

¹ For more info please see the Fracture Liaison Service—Osteoporosis Canada Toolkit available online at http://www.osteoporosis.ca/fracture_liasion_service/

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www.fraserhealth.ca

Fracture Liaison Service

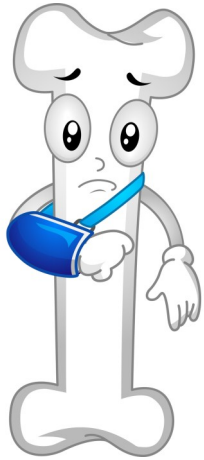


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What is FLS?



The Fracture Liaison Service (FLS) is a program designed to help prevent

a second fracture and detect osteoporosis. Already being used in some provinces across Canada, FLS has improved the health and quality of life of many Canadians by early detection of osteoporosis.

If you are over age 50 and you have had a fracture from a simple fall, you need investigations for osteoporosis.

Did you know¹?

- ◆ Osteoporosis is a condition where bones become weaker and the risk of fracture is increased
- ◆ Osteoporosis is the underlying cause of fractures occurring after a simple fall
- ◆ Fractures caused by osteoporosis are more common in woman than heart attack, stroke and breast cancer combined
- ◆ Both men and women can have osteoporosis
- ◆ Every time a fracture occurs, there is an opportunity to prevent another fracture
- ◆ Every year 30,000 Canadians get hip fracture
- ◆ **50%** of people who suffer a hip fracture had a previous fracture but were never treated for osteoporosis...

***WE WANT TO MAKE THIS
BREAK YOUR LAST!***

FLS and YOU

Identification: All men and women 50 years and older who have had a fracture due to a simple fall will be seen by a nurse practitioner assessed for the risk of having another fracture.

Investigations: All patients will undergo blood work, X-rays and bone mineral density (BMD) testing.

Initiation: Osteoporosis treatments will be recommended and started (this may include diet, exercises and/or medications).

