

Looking for exercises?

- Osteofit is an exercise program designed for people with osteoporosis
- Trained instructors lead the exercise class
- Classes are held in community centers around British Columbia

To contact **Osteofit** please call
604-875-2555
or visit their website at
www.osteofit.org

Looking for more info?

For more information about osteoporosis or the local chapter please call:

**Osteoporosis Canada
BC Division**

1-800-463-6842
or visit their website at
www.osteoporosis.ca

Where is the Healthy Bones Clinic ?

In the
**Berkeley Pavilion
Specialized Seniors
Clinic**

Located on Vine Avenue,
close to the Emergency
entrance of
Peace Arch Hospital

Contact us by
telephone at:

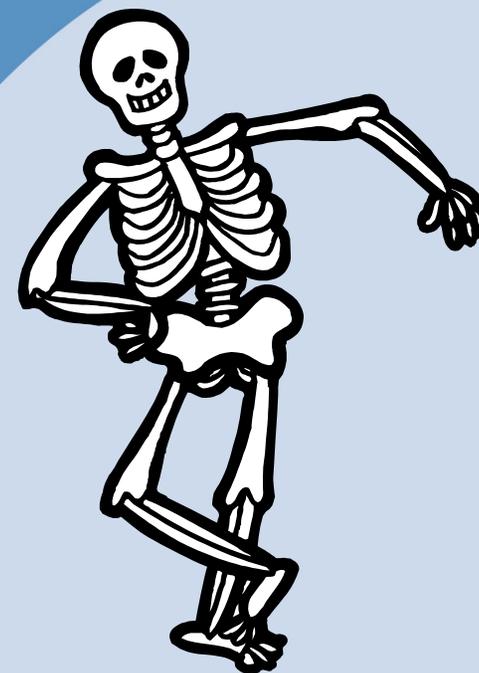
604-535-4500

Local 757693

Fax referrals to:

604-535-4587

The Healthy Bones Clinic



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The Healthy Bones Clinic

What is Osteoporosis?

Osteoporosis is a condition where bones become weaker and the risk of fracture is increased.

What does the Healthy Bones Clinic Offer?

The clinic at Peace Arch Hospital helps people:

- Learn about osteoporosis and fracture prevention
- Learn about lifestyle changes that could improve bone health
- Learn about medical therapy that may be needed to improve bone health

Who do we see?

The clinic sees people who have been referred by their doctor because:

- They have a diagnosis of osteoporosis

OR

- They have significant risk factors for developing osteoporosis or they have had a fracture

Who will I see?

Each new patient will meet one on one with our interdisciplinary team of health care providers; a physician with advanced training in osteoporosis, a physiotherapist and a dietitian. During this two hour appointment you will be able to discuss your risk factors for osteoporosis and develop a long-term prevention and treatment strategy.

What follow-up is there for me?

A follow-up appointment is sometimes needed depending on the recommendations of the interdisciplinary team. To evaluate the success of our program we may ask to see you again in 1- 2 years.

How can my Doctor refer me?

Your doctor will need to fax a referral form to our office before you can be seen in our clinic. After we receive a referral we will contact you to arrange any necessary tests (ie. bone density, lab work) that may be needed prior to coming to our clinic.

Referrals can be faxed to:
604-535-4587