



Osteoporosis Canada

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COPING

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Remember: You can live well with osteoporosis! **Fracture Liaison Services (FLS) in Canada, 3-Part Series**

Part 1: FLS and the post-fracture osteoporosis care gap

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FRACTURE FACT:

On October 7, 2015, the 60,000th fracture patient in Ontario was screened for osteoporosis by the Ontario Osteoporosis Strategy fracture prevention coordinators.

Did You Know?

- To fracture a bone means the same things as to break a bone.
- A fragility fracture is when you break a bone from a low-energy activity, such as coughing, sneezing or from a simple fall.
- A fragility fracture is often a warning sign that a person may have osteoporosis and may be at risk of breaking a bone again in the future.
- There is a huge post-fracture osteoporosis care gap and most people who suffer a fragility fracture never get tested or treated for their underlying osteoporosis.

How did you first find out about your osteoporosis? For many people, the first warning sign of osteoporosis is a fragility fracture. A fragility fracture happens when you break a bone during a normal activity such as coughing, sneezing or from a simple fall. After fracturing a bone, our medical system provides great care for the fracture itself. Unfortunately, not all people who suffer a fragility fracture are screened and treated for any underlying osteoporosis, which may have caused the fracture in the first place. This is what we call the post-fracture osteoporosis care gap: only 20% of patients who suffer a fragility fracture get checked for osteoporosis.

In other words, if 10 patients suffer a fragility fracture, only 2 of them will be checked for osteoporosis. This means that many people with osteoporosis will go undiagnosed even after they have shown a warning sign for osteoporosis. Without a diagnosis, these patients are not offered the effective osteoporosis medications they need, and may go on to fracture time and time again.

So, can anything be done to close this post-fracture osteoporosis care gap? Yes, a proven solution called Fracture Liaison Service (FLS) is taking hold in progressive healthcare regions around the world. FLS programs are put in place to make sure patients over 50 years of age who break a bone will be screened and treated, where

necessary, for osteoporosis. FLS programs ensure fracture patients are given the osteoporosis care they need to prevent their next fracture.

In these programs, an FLS coordinator identifies those fracture patients over 50 years of age who may have suffered a fragility fracture. Fifty is used as the minimum age because research has shown that more than 80% of all fractures in those over 50 are caused by osteoporosis. The FLS coordinator conducts a fracture risk assessment to find out the patient's chance of fracturing another bone, which may include ordering a Bone Mineral Density (BMD) test. A BMD test uses a special type of X-ray to measure bone density. It helps to find out how strong someone's bones are.

Depending on the results of the patient's fracture risk assessment, the FLS coordinator may prescribe, or recommend that the patient's doctor prescribe, osteoporosis medication. The FLS coordinator also communicates with the patient's family doctor to make sure that they follow up on the results of the investigations and the osteoporosis management plan.

FLS programs can be found worldwide, including in Australia, the United Kingdom (UK) and the United States (US). In the UK, for example, the Glasgow FLS has provided comprehensive care for the 1 million residents of Glasgow since the turn of the century, and more than 50,000 consecutive fracture patients have been assessed. In the US, the Kaiser Permanente Healthy Bones Program is considered one of the leading FLS programs in the world, and has been shown to reduce hip fractures by almost 40 percent.

In Canada, there are very few FLS programs and there is an urgent need to implement FLS across the country. In most provinces, the vast majority of women and men presenting to Canadian hospitals with fragility fractures are not screened or treated for their underlying osteoporosis. Every year, hundreds of thousands of Canadians are needlessly experiencing debilitating fractures because their osteoporosis has gone undiagnosed and untreated.

In the next two issues of the FLS series, you will learn more about the benefits of FLS and why it is so important for Canadians, and find out about the role of an FLS coordinator and how they help fracture patients.

If you have questions about this article or any other aspect of osteoporosis, please call toll-free 1-800-463-6842 (416-696-2663 in the Greater Toronto Area) to speak to an information counsellor.

Celebrating Osteoporosis Month: Video Series on Exercise and Osteoporosis

Osteoporosis Canada is excited to announce a video series on exercise and osteoporosis for Osteoporosis Month, developed in partnership with the University of Waterloo and the Geriatric Education and Research in Aging Sciences Centre. Each day, from Monday to Friday, for the month of November, we will post a new video to provide ideas for safe and effective exercise and physical activity. We will start our video series telling the stories of four very different people with osteoporosis and showing you their innovative solutions to keep healthy and active. Which one will speak to you? **Tune in** from November 2nd at www.osteoporosis.ca/exercise-videos/ to find out!

Detection of Spinal Fracture Survey

We've had a great interest and response from you with regards to the Detection of Spinal Fracture Survey. Thank you!

If you are interested in this **internet-based survey** and have not yet participated, we are still running it. Anyone who is 40 or older and living in Canada can participate by answering the survey on the internet.

To learn more or to participate, please visit: www.osteoporosis.ca/spinalfracture.

This survey is being done as part of a **research study** that is led by Osteoporosis Canada and the University Health Network. The survey asks people about their preferences for detecting spinal fractures. It is being done to help inform clinical practice guidelines for detecting spinal fractures, which are being developed by Osteoporosis Canada. When developing clinical practice guidelines for doctors, it is important to consider what the patients and public prefer.

BONE ***MATTERS***

Take charge of your bone health

Osteoporosis and Osteoarthritis: What's the Difference and Why Does it Matter?

DATE: Thursday, November 5, 2015

TIME: 12:30 – 1:30 EST

PRESENTER: Heather McDonald-Blumer MD, MSc, FRCP(C). Rheumatologist, Mt. Sinai Hospital/University Health Network

Osteoporosis and osteoarthritis are completely different conditions that are often confused, probably because both names start with "osteo"! Watch the on line webcast to learn what these conditions are, how they are diagnosed, and how the diagnosis can affect such things as pain management, exercise and other lifestyle modifications. Rheumatoid arthritis as a risk factor for osteoporosis will also be discussed.

Register now to watch the webcast, live or archived, with the interactive Ask a Question feature!

HOW TO REGISTER? Click [here](#) or go to www.osteoporosis.ca

**Moved? Changed phone number or e-mail address?
Let us know by calling 1-800-463-6842 or emailing copn@osteoporosis.ca and
we'll update your information. This will ensure we keep you up to date!**

FUNNY BONE:

Reporters interviewing a 104-year old woman: "And what do you think is the best thing about being 104?" the reporter asked. "No peer pressure" she replied.

A Recipe from our Sponsor

Nut and Swiss cheese strata

Course: *Main Dishes*

Preparation Time: *15 mins*

Cooking Time: *20-25 mins*

Yields: *1 serving*

3/4 milk product serving(s) per person

Calcium: 31% DV/ 340 mg

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/nut-and-swiss-cheese-strata>



Ingredients

1 egg
1/4 cup (60 mL) **Milk**
2 slices nut bread, cut into cubes
1 oz (30 g) **Canadian Swiss cheese**, grated
4 asparagus spears, blanched, cut into short lengths

Tips

Prepare the strata in advance, cover and refrigerate.
Bake just before serving.

Preparation

Preheat the oven to 425°F (220°C).

Beat egg with milk.

Place bread, cheese and asparagus in mini-casserole dish. Pour in the egg mixture and stir.

Bake in the oven until desired doneness of the egg is reached.
Season to taste.

This issue of COPING is sponsored by Dairy Farmers of Canada

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