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.

Take Action

Your risk of having another fracture can be reduced!

Ask your doctor about diagnosis and treatment options.

Visit [www.osteoporosis.ca](http://www.osteoporosis.ca) for more information or call: Osteoporosis Canada 1-800-463-6842
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.

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.

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

A broken bone is called a fracture and may be a warning sign of osteoporosis!
Without proper treatment, individuals with osteoporosis are at risk of breaking more bones.
Ask your doctor about a fracture risk assessment.