

## Osteoporosis Patient Bill of Rights

*All Canadians have the right to live without osteoporotic fractures.*

Bones weakened by osteoporosis break easily. These osteoporotic fractures can have devastating health consequences including pain, decreased quality of life, loss of independence and even death.

Because osteoporotic fractures are preventable:

**We believe** that all Canadians, wherever they live, have the right to effective bone care and fracture prevention programs that include:

- Regular, comprehensive assessments of the risk of bone fractures;
- Timely bone mineral density testing; and
- Medications that are proven to reduce the risk of fractures.

**We believe** that every Canadian who has experienced an osteoporotic fracture has a right to post-fracture care programs that include:

- Timely care and treatment including adequate pain control;
- Assessment of risks for future falls and fractures;
- Education about osteoporosis; and
- Self-management tools and strategies to reduce the risks of future fractures.