

Mid-Life Matters May 11, 2015 Vicki Holmes MD

Make you FIRST fracture your LAST

Have you had a fracture of your wrist, upper arm, pelvis, and spine or hip that resulted from a fall from standing height or less? In people over 45, this is called a “signal” fracture and is a warning that without treatment, you have an increased risk of further fracture. 50% of women and men that fracture their hip, a life transforming event, had a signal fracture. If they were properly assessed and treated there is a 30-70% chance that that fracture could have been **avoided! This is called a CARE GAP-** a missed opportunity to improve the quality of life for an individual.

80% of fractures in people over the age of 50 are osteoporosis related.

Osteoporosis (OP) is a very common disease. One in three women and one in five men will have a fragility fracture in their lifetime. There are 200,000 fractures/year in Canada, 30,000 of them hip fractures. This can be devastating! 28% of women and 37% of men die within the year after the fracture, 15-24% are admitted to long term care. Fractures of the spine result in painful deformities where your spine starts to curve forward. If there is anything you can do to avoid all this? Wouldn't you want to?

The cost of treating OP and the resulting consequences cost 2.3 billion dollars in Canada in 2010. Think of the money that could be saved if we paid attention to that first “signal” fracture! Osteoporosis Canada is proposing a Fracture Liaison Service that involves dedicated personnel who will **identify** those who fracture, facilitate investigation, and ensure **initiation** of appropriate treatment and follow-up; working in conjunction with your Primary Care Physician. It has great possibilities and we sincerely hope that Saskatoon Health Region will lead the way for our province to initiate this program.

Osteoporosis Canada's website www.osteoporosis.ca is an excellent resource for information on the Fracture Liaison Service Model. If you are living with a diagnosis of osteoporosis, make sure you register for Canadian Osteoporosis Patient Network, COPN. You will receive practical information about how you can live well with osteoporosis! Sign up today!

There is a lot that we can do with healthy lifestyle to prevent this first fracture – a topic of another time! Information about that is available on this website as well.

THE URGENT MESSAGE FOR ANY OF YOU WHO HAVE HAD A FRAGILITY FRACTURE IS TO SEE YOUR DOCTOR RIGHT AWAY AND BE ASSESSED FOR TREATMENT FOR OSTEOPOROSIS!