



Your Pathway to Better Bone Health

**Fracture Screening
and Prevention Program**

ONTARIO
Osteoporosis
Strategy

Ontario Osteoporosis Strategy (OOS)

A Ministry of Health funded initiative, was created to reduce the risk of osteoporosis-related fractures by bringing together the expertise and resources of leading organizations including:

Osteoporosis Canada, the Ontario Orthopaedic Association, the Ontario College of Family Physicians, McMaster University, Women's College Hospital, Unity Health and the University of Toronto.

The Fracture Screening and Prevention Program (FSPP)

is a key initiative of the OOS operated by Osteoporosis Canada, a registered health charity. The FSPP benefits from cutting-edge research, comprehensive care strategies, and a network of dedicated professionals focused on your bone health.



Ontario College of
Family Physicians



Fractures are preventable!

You've already taken a crucial step by speaking with the Fracture Prevention Coordinator (FPC). Now, let's make sure you have all the information you need.

If you are age 50 or older and have experienced a fragility fracture (broken bone), the Fracture Screening and Prevention Program (FSPP) is here to help you reduce your chances of breaking another bone. This brochure provides more details about the FSPP and how the program will support you in reducing your risk of future fractures.



What is a fragility fracture?

A fragility fracture is a broken bone from an activity that would not normally cause a bone to break. This is often a slip, trip or fall from standing height or less. The bones most likely to break are the hip, spine and wrist, though you can also break other bones.

What causes a fragility fracture?

Bone deterioration can occur over a number of years without any symptoms. A fragility fracture can be a warning sign that your bones have become weaker, possibly due to osteoporosis.

Why is this a concern?

Most people do not know they have osteoporosis until they break a bone. Without appropriate treatment, your bones remain fragile and you are likely to have another fracture. This could be serious, even life-threatening.



The FSPP is designed to:

Reduce your risk of future fractures by connecting you to appropriate treatment and care.

What to expect during your visit:

1. Screening for Fracture Risk:

- **Initial Assessment:**

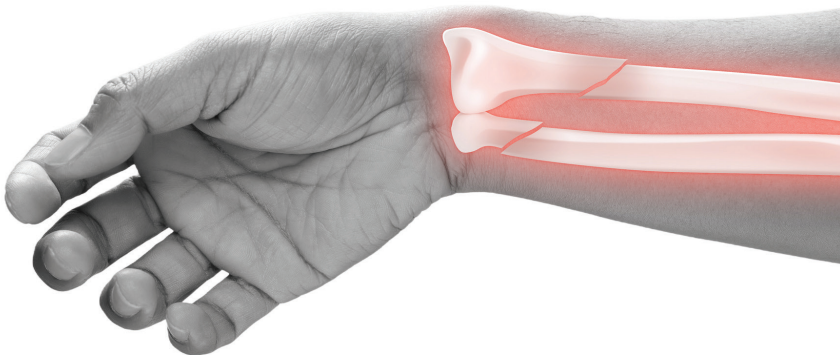
The Fracture Prevention Coordinator will ask questions about your health and any previous tests or treatments for osteoporosis.

- **Diagnostic Tests:**

If needed, a Bone Mineral Density (BMD) test will be arranged to measure the calcium and other minerals in your bones.

- **Fracture Risk:**

Using the information from your discussions and test results, your risk of a future fracture will be assessed.



2. Connecting You with Follow-Up Care:

- Your family doctor will receive a letter outlining the factors that increase your risk, the results of your BMD test and fracture risk assessment (if completed), and any other relevant findings.
- If needed, a referral to a bone health specialist may be arranged for you.
- You should meet with your family doctor to discuss ways of reducing your fracture risk which may include medication, dietary adjustments, and exercise. Please review the 'Important Checklist for your next doctor's visit on page 4.
- The Fracture Prevention Coordinator may call you in a few weeks to:
 - Ask about your visit to your family doctor and your bone health.
 - Provide more information, if needed, to help you manage your bone health and reduce fractures.



Important Checklist for your next doctor's visit

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 after age 40
- ☐ Any loss of height
- ☐ Any recent falls
- ☐ Any recent change in your overall health

2. Ask Your Doctor To:

- ☐ Complete a fracture risk assessment
- ☐ Order a lateral spine X-ray if you've lost height
- ☐ Complete a falls risk assessment

Summary: How the Fracture Screening and Prevention Program can help you

The FSPP makes sure your care continues from the fracture clinic to your family doctor or specialist.

The goal is to find and treat osteoporosis as early as possible. This can reduce your risk of another fracture.

**Your privacy
is important!**



**How the Fracture Screening and Prevention
Program protects the privacy of your personal
health information**

How will my personal information be used?

For your care

The Fracture Prevention Coordinator will:

- Use your personal health information to determine your risk of another fracture. The results of your screening will be shared with your family doctor and bone health specialist, if needed.
- Share your name and contact information with the hospital or Diagnostic Imaging Clinic if a bone mineral density test (BMD) is scheduled for you.
- Provide some information (such as your risks and medications) to the hospital if that will improve your care.

To improve services

- The Fracture Screening and Prevention Program (FSPP) is a key initiative of the Ministry of Health funded Ontario Osteoporosis Strategy, operated by Osteoporosis Canada, a registered health charity. Osteoporosis Canada uses select information about FSPP patients to evaluate and improve the FSPP and to better meet the needs of people with fragility fractures.
- Information may also be shared with the Institute for Clinical Evaluative Sciences (ICES) for quality improvement purposes. ICES is a not-for-profit institute that is a prescribed entity under provincial privacy legislation which houses the provincial health data. For more information, please visit: www.ices.on.ca

How will my personal information be protected?

Keeping your personal health information private and secure is important to Osteoporosis Canada.

To protect your personal information:

- Osteoporosis Canada's Privacy and Security Officer ensures patient privacy is protected by following all relevant laws and standards of practice.

The FSPP has a Privacy Policy, which ensures:

- Your information is stored in a secure database. It is protected from tampering, theft and loss. Any information that could identify you is encrypted (scrambled) for additional protection. Access to patient information is extremely restricted.
- No information about you is shared for research purposes without your written consent.

Who can I contact about the privacy of my information?

The Privacy and Security Officer can help when:

- You have questions, concerns or complaints related to our privacy practices or the treatment of your personal information.
- You wish to review your personal information.
- You wish to withdraw from the FSPP.



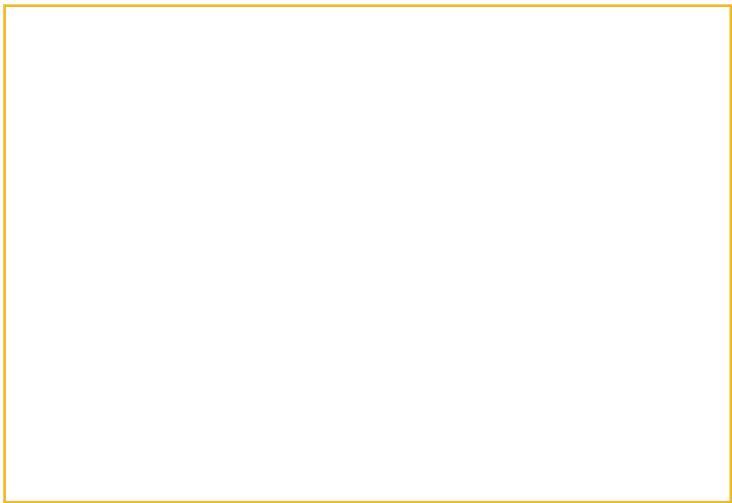
To contact the Privacy and Security Officer:

CALL In Toronto: **416-696-2663, ext. 2264**
Toll-free: **1-800-463-6842, ext. 2264**

EMAIL privacy@osteoporosis.ca

MAIL Osteoporosis Canada
250 Ferrand Drive, Suite 201
Toronto, ON M3C 3G8

If you have any questions about the FSPP:
Call your Fracture Prevention Coordinator



Visit us for more information:
www.osteostategy.on.ca



For more information and tools to guide you on your bone health journey please scan QR code or visit osteostategy.on.ca/patients