

Capturing the first fracture to prevent another



A **Fracture Liaison Service team** (often called an FLS) helps people who have broken a bone due to a bump, fall, or stumble from a standing height. These injuries are called 'low trauma' or 'fragility' fractures.

Your doctor or specialist will fix the fracture, but an FLS will assess your bone health and help you reduce the risk of suffering another fracture especially a devastating hip fracture.

Why do I need this service?

If you've already broken a bone because of osteoporosis, the chance of breaking another bone doubles – especially in the next year. So if you have osteoporosis, it's essential that you're diagnosed and treated quickly to prevent further fractures. It's also important to avoid another fall, as you may be at more risk of breaking a bone than someone who does not have osteoporosis.

Depending on the region in which you live, FLS are located in your GP practice, in the community or local hospital. In some regions their services are free, as are DXA scans but this may not be the case for where you live, or you may have to pay for the scan.

What will the Fracture Liaison Service team do?

1. They'll ask you questions about your history and lifestyle to find out if you could have osteoporosis (or be at risk of developing osteoporosis).
2. They may suggest that you have a bone density scan (often called a DXA).
3. They'll check your level of risk around falls by looking at a number of factors including your strength, balance, vision, and medications.
4. They may discuss starting bone protection treatment with you, or recommend that you discuss this with your doctor.
5. They'll give you personalised information about what you can do to reach and maintain good bone health and reduce your chances of having another fracture or fall.



Fracture Liaison Network
New Zealand

In other words, they'll help you do the best for your bones.

Know Your Bones™

Visit bones.org.nz/knowyourbones to complete an online bone health assessment - you'll get a personalised report explaining your risk of fracture and osteoporosis, plus recommendations for better bone health.

Please share this fact sheet with friends and family if you think it would be useful to them, and encourage them to email join@bones.org.nz to receive more information and updates.