OSTEOPOROSIS NEW ZEALAND
Better bones, fewer fractures

Fracture Liaison Service

Capturing the first fracture to prevent another

The Fracture Liaison Service (FLS) works with anyone aged 50 years and over who breaks a bone from a minor slip, trip or fall. These broken bones are often "fragility fractures" and can be a sign of osteoporosis. FLS will assess your bone health and help you reduce the risk of having another fracture especially a life changing hip fracture. Make your first fracture your last!

Why do I need this service?

Once you have had a fragility fracture, the chance of breaking another bone doubles – especially in the next year. The FLS team will work with you to help stop this from happening. It is essential that you're diagnosed and treated quickly to reduce your risk of 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.

FLS are mostly located at your local hospital but there are a small number of services based in the community. This is a free service and if a bone density scan is recommended to check your bone strength, this is usually free.

What will the Fracture Liaison Service team do?

After your fracture, a Fracture Liaison Coordinator will connect with you by phone, letter or in clinic, usually within 12 weeks of your injury. The service will work with you to:

1. Assess your health and lifestyle to determine your bone health and future fracture risk.
2. Make appropriate referrals such as bone density scan (often called a DXA).
3. Check your level of risk around falls by looking at a number of factors including your strength, balance, vision, and medications.
4. Discuss starting bone protection treatment with you, or recommend that you discuss this with your doctor to determine if this is appropriate for you.
5. Provide personalised information about what you can do to reach and maintain good bone health and reduce your chances of having another fracture or fall.

If you have any concerns or further questions please discuss these with the FLS, your family doctor, practice nurse or specialist.

It is never too early or late to think about your bone health.

Know Your Bones.™ Visit osteoporosis.org.nz/take-the-test

Complete the online bone health assessment and you'll receive a personalised report explaining your risk of fracture and recommendations for better bone health.

If you would like to assist us in helping others like yourself, please consider donating to Osteoporosis NZ.
Visit our website www.osteoporosis.org.nz and click donate