

## Contact

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This is a clinical service designed for your benefit. You are not required to participate and declining to participate will not affect any other care provided by Canberra Hospital and Health Services. If you have any questions regarding this service, please contact the Fracture Liaison Coordinator at Canberra Hospital and Health Services.

**Email:** flservice@act.gov.au

**Mail:** Fracture Liaison Coordinator  
Outpatients  
PO Box 11  
Woden, ACT 2606

### Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



Interpreter

If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

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**ACT**  
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Health



CANBERRA HOSPITAL  
AND HEALTH SERVICES

# INFORMATION

## Fracture Liaison Service



## **Why are we approaching you?**

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Canberra Hospital and Health Services has established a Fracture Liaison Service. The purpose of this service is to identify, assess and educate people with potential osteoporosis (thinning of the bones).

## **Why should you be concerned about your bone health?**

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If you have broken your wrist, hip, shoulder, vertebrae (spine), or other bone due to a simple fall, this may be a sign of osteoporosis.

About 50% of men and women over 50 years of age have broken their bones due to osteoporosis. Once you have broken a bone from osteoporosis, you are 5 times more likely to have another fracture. Osteoporosis does not cause pain. This means that there may be no sign that you have it until a broken bone occurs.

Osteoporosis is treatable. There are lifestyle changes and medications that can help you to strengthen your bones.

## **How your bone health is assessed**

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We will ask you to complete questionnaires about you and your current lifestyle. These will be given to you now and sent to you at various intervals in the future so we can monitor your progress.

You will be offered a number of tests to assess your bone health. These will include blood tests aimed at assessing things like Calcium and Vitamin D levels. You will also be referred for a bone density scan which will require an additional visit to medical imaging. A bone density scan is not painful but does involve very low levels of radiation.

The results of these questionnaires and tests will be fed back to your GP so they can monitor your progress over time and optimise your treatment.

## Confidentially and Privacy

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The Canberra Hospital will maintain a complete record of your condition, and treatment provided by this facility, in accordance with the ACT Health Records (Privacy and Access) Act 1997. This record will be used to manage your care, monitor your progress and may also be used for quality assurance, training, funding purposes and your de-identified data may also be used for future research.

Access to the record will be granted to your treating health professionals, both inside and outside the hospital. Your General Practitioner will receive a summary of your care, unless you indicate otherwise.