

Contact

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
P O Box 11
Woden, ACT 2606

Further Information

Aboriginal Health Services

Web: www.ihealthportal.act.gov.au

Arthritis and Osteoporosis ACT

Ph: 02 6288 4244

Web: arthritisact.org.au

Osteoporosis Australia

Ph: 1800 242 141 or 02 9518 8140

Web: www.osteoporosis.org.au

Carers ACT

Ph: 1800 242 636

Web: www.carersact.org.au

For more information please contact your GP or health practitioner.

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.

For further accessibility information, visit:
www.health.act.gov.au/accessibility

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CANBERRA HOSPITAL
AND HEALTH SERVICES

EDUCATION

Fracture Liaison Service



As you are 50 years or older and have sustained a minimal trauma fracture, you may have osteoporosis. There are some actions that you can take to reduce your risk of sustaining another fracture.

Calcium

Calcium combines with other minerals to give the bones strength and structure.

Inadequate calcium in the diet prevents the bones from maintaining this strength because the body takes the calcium stored in the bones for other bodily needs.

Calcium intake should be 1300mg/day for women and 1000mg/day for men, increasing to 1300mg/day when 70 years of age. Examples include:

- 1 cup (250ml) full cream milk = 300mg,
- 1 tub (200g) yoghurt = 300mg
- 2 slices of pre-sliced cheese = 300mg.

1300mg of calcium can be difficult to achieve through diet alone and a supplement may be beneficial.

Exercise to reduce fracture risk

You need to be doing weight bearing exercise for a minimum of 20-30 minutes three-five times per week. Examples are walking, climbing stairs, weight training and dancing.

Muscle strengthening and balance exercise, like tai chi, can also assist to reduce the incidence of falls and therefore reduce the risk of further fractures.

Please look into starting an exercise program. Ideally, you should seek advice from your GP and physiotherapist about a tailored program, especially if you have other health issues.

Vitamin D

Vitamin D is important for the absorption and regulation of calcium in the body. Vitamin D levels can usually be maintained by sunlight exposure.

10 minutes per day in summer to 30 minutes per day in winter for bare arms and face or equivalent skin area. If this is not possible a supplement should be considered.

Medications

It is important to take all prescribed medications as directed. If you are experiencing side effects please discuss these with your GP or local pharmacist.

Tobacco

In a number of studies tobacco has been shown to be a contributing factor in bone density loss. If you currently smoke cigarettes, you should cut down as able or quit if possible.

Please contact the QUIT line on 13 78 48 for further assistance.

Alcohol

Excess alcohol intake is associated with imbalance of calcium in the body. It also affects the production of hormones and vitamins the body needs to absorb calcium. Excess consumption can also lead to an increased risk of falls and related fractures.

As per the 'Australian guidelines to reduce health risks from drinking alcohol', alcohol intake should be limited to no more than 2 standard drinks on any day to reduce the lifetime risk of harm from alcohol related disease and injury. Risk can also be decreased by reducing the number of occasions of drinking across a lifetime, for example through regular alcohol free days (NHMRC 2009).