

Oxfordshire Fracture Prevention Service

Information for people over 50 who have recently broken a bone after a fall



The NHS care you are entitled to:

If you are between **50 and 74** years of age:

- a) **You should have a bone density scan within 3 months of breaking your bone** unless your Doctor or Specialist Nurse tells you that you do not need one. This is a quick and simple test which measures the density (strength) of your bones using low-energy X-rays.
- b) You will also be assessed for the risk of having a further fall.
- c) If the bone density scan shows that your bones are thin you will then need to have blood tests. These will help your Doctor or Specialist Nurse to offer you the most appropriate treatment to reduce your risk of another fracture (broken bone). This should give you confidence about returning to everyday activities and help you to maintain your independence.

The blood tests will be carried out within 3 months of your bone density scan.

If you are **75** years or over:

- a) You should have a specialist assessment to check your bone health, including blood tests.
- b) You should take calcium and/or vitamin D supplements **as well as** a medicine for treating osteoporosis unless your Doctor or Specialist Nurse says this is not required. You will also need to be assessed for the risk of having a further fall.

What can I do to help prevent breaking more bones?

1. If you are prescribed medicines for treating osteoporosis, follow the instructions on how to take them and try not to miss a dose.
2. If you have problems with your osteoporosis treatment/s please discuss this with your GP as there could be other treatments that are more suitable for you.
3. Having a healthy lifestyle is good for keeping your bones healthy. If you are able to, take regular weight bearing exercise (such as brisk walking, aerobics, tennis), have a healthy balanced diet and maintain a healthy weight.
4. Smoking and drinking too much alcohol is damaging to your bone health and can increase your risk of breaking another bone.
5. If you have children aged over 50 years they may also be at a higher risk of breaking a bone. Please ask them to discuss this with their GP.

How to contact us

The Oxfordshire Fracture Prevention Service

If you have not heard from us within 3 months of your fracture (broken bone), or if you need more information or have any questions please do call or email:

Tel: **01865 227 647**

Email: **ox.osteo@nhs.net**

Monday to Friday, 7.30am to 4.30pm

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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