

BONE UP ON OSTEOPOROSIS NOW

Osteoporosis is a chronic disease that causes bones to become thin and porous, and prone to fractures that may lead to death. It requires sustained medical intervention, like diabetes or heart disease, and continuity of care to avoid weakening of bones.

2 million Canadians are affected by osteoporosis
Are you at risk?

You could be at risk. Take the self-assessment.

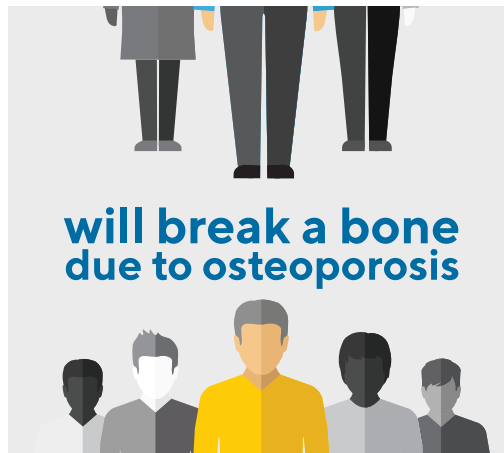
Check more than 5?
Contact your healthcare professional

- A parent who has had a hip fracture
- Prior fracture with minimal trauma
- +2 cm height loss in the last 2 years
- Rheumatoid arthritis
- Smoking
- History of falls (past 12 months)
- Alcohol intake (3+ drinks per day)
- +10% weight loss since age 25
- Lack of exercise
- Low calcium + vitamin D intake
- Certain medications:

glucocorticoids, antidepressants (SSRIs), diuretics, anti-seizure/heartburn/ blood pressure/chemotherapy/ breast cancer/prostate cancer/ heartburn drugs



1 in 3 women



will break a bone due to osteoporosis



1 in 5 men

Your Bone Health Care Partners

Pharmacists

- Offer a MedsCheck review of your file to identify medications that may increase osteoporosis risk
- Teach patients to self-inject medication, or administer injections, if directed by a physician on the prescription*
- Advice on behaviours and supplements to improve bone strength
- Highly accessible, including weekends and nights. No appointment needed.
- Canada has 42,000+ pharmacists working in 10,000+ pharmacies

*subject to provincial regulations

Family Doctors + Specialists

- Prescribe osteoporosis medication
- Referrals to other specialists
- Order bone density tests and X-rays, as needed
- Assess risk of osteoporosis, based on medical history and lifestyle
- Advice on healthy behaviours and supplements
- Tele-medicine appointments

Getting a Diagnosis

Bone Density Test (BMD)
Anyone with risk factors over age 50, and all men and women over age 65.

FRAX Assessment Tool For those concerned about bone health and risk factors for osteoporosis.



Treatment Options

Supplement your diet with vitamin D + calcium

Take prescribed injectable or oral medications

Eat dairy foods, dark leafy and green vegetables.

Be Your Own Advocate

Talk to your pharmacist or doctor about your risk and whether you need a BMD.

Take steps to maintain and build bone strength.

Learn more about treatment options and risks at healthandbone.ca or osteoporosis.ca

How COVID-19 has Impacted Bone Health

Missed doses of osteoporosis medications. Stopping them abruptly may increase risk of harm and result in bone loss.

Missed medical appointments. New access channels are available. Talk to a pharmacist or book a virtual appointment.