**Dear Patient,**

You have recently presented to Concord Hospital with a fracture. This is why we invite you to attend the Concord Hospital Osteoporosis Clinic as an outpatient.

Osteoporosis is the commonest cause of fractures in men and women over the age of 50 years. Unfortunately, many patients sustaining a “minimal trauma fracture” (that is, a break in any bone resulting from a minor insult), often don’t receive adequate screening and treatment for their underlying condition, osteoporosis. This frequently results in further breaks, unnecessary suffering and cost.

The aim of the Concord Hospital Osteoporosis Clinic is therefore to improve the management of patients presenting to our hospital with a minimal trauma fracture. Our recent study1 demonstrated that attending this clinic reduced the risk of further osteoporotic fractures by more than 80%!

# What happens at the Concord Hospital Osteoporosis Clinic?

# At your initial visit, we will assess whether or not you actually have osteoporosis. This assessment will involve review by an endocrinologist, a bone mineral density scan, usually (but not always) an X-ray of your spine, and the collection of blood and urine samples.

**Bone Mineral Density:** Thisis a non-invasive test used to measure the strength of your bones. The test helps us to determinewhether or not you have osteoporosis. The scan uses weak X-rays to assess how much mineral is present in your lumbar spine and hip bones. It will expose you to a very small amount of radiation, approximately equivalent to a flight from Sydney to Adelaide.

**X-rays of the spine** are performed to assess for compression fractures of the spine, which would otherwise be overlooked, as these fractures usually do not cause pain.

This is to help us assess your future risk of fractures, and to give you the most appropriate treatment.

**Blood Tests:** We will suggest for you to have a number of blood and urine tests to screen for potential conditions that may have caused bone loss and osteoporosis. These tests are very important - they include collection of about 20mL of blood and a small amount of urine. Blood collection may cause temporary discomfort from the needle stick, or bruising. Only experienced staff will perform the procedure to minimise possible discomfort or bruising.

# If osteoporosis is diagnosed, we will explain to you our findings and discuss appropriate options for effective treatment.

**How much time does this take?**

We run Clinics every day of the week. The appointment with the doctor will take 30-45 minutes, while the bone mineral density scan can be performed in 10-15 minutes. Spine X-rays and blood collection may take another 30-45 minutes. Altogether, you should reserve 2-3 hours for the initial appointment.

### Contact Details:

If you would like to attend the clinic, the doctor in the emergency department will refer you to the Concord Hospital Osteoporosis Clinic. Our secretary will then make appointments for you to see our doctors and have a bone mineral density scan. **If you have not received an appointment within 3 weeks, please contact the reception at the Department of Endocrinology and Metabolism, Concord Hospital, on (02) 9767 6747***.*

This information sheet is for you to keep.

Reference:

1*. Lih A, Nandapalan H, Kim M, Yap C, Lee P, Ganda K, Seibel MJ (2011) Targeted inter­vention reduces refracture rates in patients with incident non-vertebral osteo­porotic fractures: a 4-year prospective controlled study. Osteoporosis Int. 22: 849-58.*