

# REDUCING THE RISK OF FUTURE FRACTURES: OSTEOPOROSIS AND FALL PREVENTION



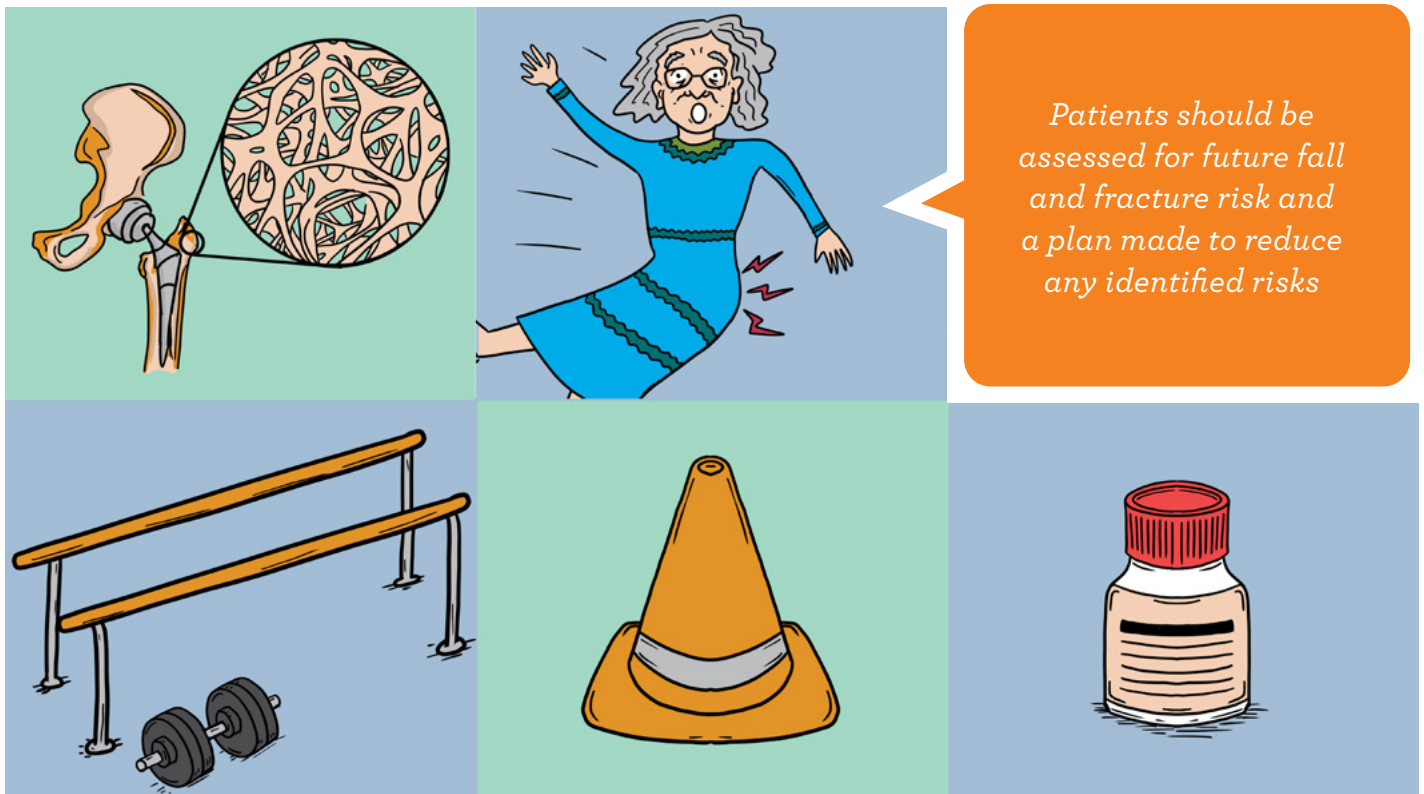
Patients, carers, and health care teams, working together, can reduce the risk of future falls and fractures

**Watching someone you care about go through treatment for a hip fracture is an experience that you would like not to repeat. Here is some information about reducing the risk of a fracture in the future.**

- A hip fracture that occurs in the context of a simple slip, trip or fall is known as a 'fragility fracture'. It is the most serious complication of osteoporosis.
- To prevent future fractures, it is important to think about bone health, general strength and balance, and nutrition and diet, with the purpose of preventing another fall and fracture

## **BONE HEALTH**

- Osteoporosis is a condition where bones become thinner and are more likely to break
- Anyone who has broken their hip from a fall should be treated for osteoporosis
- There are medications available that can help to improve bone health





### STRENGTH AND BALANCE

- Exercise is required to improve strength and balance
- Lifting weights (resistance training or strength training) is effective for recovering from a hip fracture
- Improving strength will make it easier to carry out daily activities
- Mobility training and balance exercises, like tai chi, can help improve stability, making a fall less likely

### NUTRITION AND DIET

- Calcium is essential for healthy bones
- It is sourced from food, especially milk, cheese and yoghurt but it is also found in some seafood, vegetables, fruit and nuts
- Vitamin D is needed to absorb calcium to support healthy bones. Vitamin D is produced when our skin is exposed to light from the sun.

**Here are some simple and practical ways to help the patient to reduce their risk of future fractures**



Use the QR code to link to Healthy Bones Australia and their excellent resources and fact sheets about osteoporosis, treatment, diet, exercise, falls and more. This information can be used in discussions with the doctor to develop a plan to reduce their risk of another fracture.

Listed below are suggested points for discussion about reducing future fracture risk. If you need more information about any of these, place a tick in the box to remind you to ask the health care team.

Tick one box for each statement below	Yes	No
I feel confident I understand the benefits of medications recommended for improved bone health	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident I know what has been recommended for the prevention of another fracture in the person I care for	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident I have the information I need to organise an occupational therapist to assess the home environment for trip and fall hazards	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident I know where to access additional information about exercises and support groups for older people recovering from a hip fracture in my local area	<input type="checkbox"/>	<input type="checkbox"/>

Information and data sourced from: 1. ANZHFR Hip Fracture Care Guide: My Hip Fracture Information and Individual Care Plan <https://anzhfr.org/patients/> 2. Australia New Zealand Hip Fracture Registry 2022 Annual Report <https://anzhfr.org/registry-reports/> 3. Australian and New Zealand Guideline for hip fracture care – Improving outcomes in hip fracture management of adults <https://anzhfr.org/wp-content/uploads/sites/1164/2021/12/ANZ-Guideline-for-Hip-Fracture-Care.pdf> Accessed 1st September 2022

