

Osteofit

- ▶ OSTEOFIT is a specially designed exercise and education program for people with osteoporosis and those at risk of falling.
- ▶ This program teaches safe, gentle balance and coordination exercises.
- ▶ Trained Osteofit instructors lead the classes.
- ▶ Classes are held in community centres around BC.
- ▶ To contact OSTEOFIT call 604-875-2555 or visit www.osteofit.org

For more information about osteoporosis, please access the Osteoporosis Canada website at:

www.osteoporosis.ca

For further information
about the
Osteoporosis Program
call: **604-875-2018**

The Osteoporosis Program



Osteoporosis Canada

Ostéoporose Canada

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The Osteoporosis Program

What is Osteoporosis?

Osteoporosis is a condition in which bones become weaker and the risk of fracture is increased. A fracture may be the first sign of osteoporosis. Osteoporosis is very common, affecting 1 in 4 women and 1 in 8 men.

What does the Osteoporosis Program Offer?

The Osteoporosis Program at BC Women's Health Centre helps people to:

- ▶ Learn about osteoporosis.
- ▶ Make lifestyle changes to improve bone health.
- ▶ Learn about medications that may be needed to prevent fractures or treat osteoporosis.

The New Patient Clinic

Each new patient meets with our team of health care professionals who work together to discuss lifestyle and treatment choices.

Our team, all of whom possess an expertise in osteoporosis, includes a dietitian, physiotherapist, nurse clinician and physician.

Who do we see?

We see people who:

- ▶ Have a diagnosis of osteoporosis
or
- ▶ Have significant risk factors for developing osteoporosis

A referral from your doctor or nurse practitioner is required. The referral form can be printed off our website: www.bcwomens.ca click on Service, Directory, then Osteoporosis.

Referrals are faxed to: 604-875-3738. The clinic will then contact you to book your appointment and request any tests that are needed. A health questionnaire will be mailed to you, please fill this out and bring it with you to your first visit.

What do I need to do before coming to my first appointment?

Before coming to the clinic the following tests will be requested:

- ▶ Bone density measurement (DXA)
- ▶ Blood tests
- ▶ Possibly x-rays

DXA

The bone density measurement is painless and involves only a very low x-ray. Generally, measurements are taken at one hip and the lower spine.

Blood tests

The blood tests are done to rule out medical conditions that might cause osteoporosis.

Is there follow-up?

Some people will continue to have their bone health monitored by our clinic. Others will be cared for by their referring doctor or nurse practitioner.

Education Session

A 3 hour education session is open to everyone who would like to learn about osteoporosis. The Osteoporosis Program dietitian, physiotherapist and nurse clinician discuss risk factors and ways to help manage osteoporosis and reduce fracture risk. Referral is not required.

To book, call 604-875-2018.