

The Osteoporosis Program

What is Osteoporosis?

Osteoporosis is a condition where 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:

- ▶ learn about osteoporosis
- ▶ find lifestyle changes that could improve bone health
- ▶ learn about medical therapy that may be needed to improve bone health

The New Patient Clinic

Each new patient meets with our team of health care givers. Dietitians, physiotherapists, nurses and doctors work together to provide each patient with lifestyle and treatment choices.

Who do we see?

The clinic sees people who have been referred by their doctor because:

- ▶ they have a diagnosis of osteoporosis
- ▶ they have significant risk factors for developing osteoporosis

To get an appointment your doctor needs to refer you by calling: 604-875-2018. The clinic will contact you to book your appointment and any tests that are needed. A health questionnaire will be mailed to you. Please fill this out and bring it to your first visit.

What tests are needed before you come to the clinic?

Before coming to the clinic the following tests will be arranged for you:

- ▶ bone density
- ▶ blood tests
- ▶ possibly x-rays

The bone density test is a painless, low dose x-ray. This test can be done at various clinics and hospitals. Generally, measurements are taken in one hip and the lower spine.

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

What follow-up is there for me?

Some people will need follow-up at our clinic. Other people will be cared for by their doctor.

Education Session

A 3-hour education session is open to everyone who would like to learn about osteoporosis. A nurse, dietitian and physiotherapist discuss risk factors and ways to help prevent and manage osteoporosis. You do not need to be referred by your doctor.

To book, call 604-875-2018.

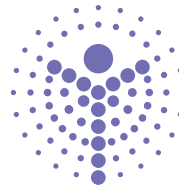
Osteofit

- ▶ OSTEOFIT is an exercise program designed for people with osteoporosis
- ▶ Trained instructors lead the exercise classes
- ▶ Classes are held in community centres around BC
- ▶ To contact OSTEOFIT call 604-875-2555 or visit www.osteofit.org

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

For more information
about osteoporosis, please call
Osteoporosis Canada, B.C. Division
at 1-800-363-1933
(in BC only)

www.osteoporosis.ca



Osteoporosis Canada

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