

MAKE IT PART OF YOUR FALLS PROGRAM



Why should OSTEOPOROSIS and FRACTURE PREVENTION be part of a falls program in your long term care home?

A very good reason

Avoiding the worse outcome of a fall: an osteoporotic hip fracture with associated pain, disability, reduced quality of life and early death

How do you integrate osteoporosis and fracture prevention into your falls program so that you reduce the chances of a fall and resulting osteoporotic fracture?

Consider these

1. Daily Vitamin D 1000 IU supplements

Why? Vitamin D reduces falls by 20%.

2. Adequate daily dietary intake of calcium and if necessary, additional supplementation

Why? Diets rich in calcium and additional supplementation promotes maintenance of healthy and strong bones.

Hip Fracture due to Osteoporosis



3. Bisphosphonate medications

Why? Bisphosphonate medications when taken with Vitamin D and calcium, reduce fractures at the hip, spine and wrist by 40-80%.

4. Wearing hip protectors

Why? Hard-shelled hip protectors shunt energy away from the hip and reduce the chances of sustaining a hip fracturing from a fall.

5. Regular exercise and safe transfers

Why? Exercise helps maintain bone mass, strengthens muscles and improves balance. Safe transfers reduce the chances of a fragility fracture of the wrist, long bones, and spine.

MAKE NO BONES ABOUT IT

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For more information
www.osteostategy.on.ca



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