



How a Fracture Liaison Service (FLS) can help men who have broken a bone

Did you know that **one in five men** will have a bone break caused by osteoporosis?

Breaking a bone from a minor fall is a warning sign for you to get checked. Women are more likely to break their bones than men, but when men have a bone break it can be more serious.

When men break a bone, they:

> **could have a bone related condition**

Men who break bones could have hidden health issues such as osteoporosis or low levels of vitamin D. Make sure to see a doctor so they can check your bone strength.



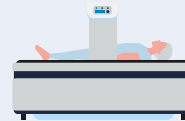
> **are less likely to go to their first appointment**

Some people don't know that a bone break can be serious. Attending your first appointment and starting treatment quickly can reduce the chance of you breaking another bone.



> **are less likely to get a bone scan**

Some people think osteoporosis (weak bones) is something only women get, but it can affect men too. That's why fewer men get a bone scan (DEXA) to check the strength of their bones.



> **may have other health issues**

Men who break a bone might have other health problems. This can make recovery difficult and sometimes lead to more serious issues, including risk of death.



How can a FLS help you?

A specialist team called a Fracture Liaison Service (FLS) can check your bone health. The team can also suggest ways to make your bones stronger so you're less likely to break another bone in the future. It's not normal to break a bone from a small fall, like tripping while standing or falling off a chair. If you're aged 50 or older and break a bone from a fall like this, it's important to see an FLS.

Here's what you should do:



1 Attend your first appointment

If the FLS invites you to an appointment, make sure you go. If you can't go, let them know and reschedule. The sooner you start treatment, the healthier your bones will stay.



2 Get a bone scan if you are asked to have one

A bone scan (DEXA scan) can check how strong your bones are. Not everyone needs one, but the FLS might advise you to get a scan.



3 Follow-up appointments

If you're given bone medication, the FLS will check in with you 12 weeks after your fracture, then again in 12 months. This is to see how well the medication is working and if you need any other help.



Lower your chance of future bone breaks

The FLS can spot problems early and help make your bones stronger to prevent future breaks.



Help you stay active and independent

By treating bone issues early, you can remain independent and keep moving, which helps you avoid problems from weak bones, such as time off work.

Receiving early diagnosis and treatment will



Keep your bones strong

They can suggest changes to your diet, lifestyle, and maybe give you medicine that can help keep your bones healthy for many years.



Help your mental health

Having a plan in place for your bone health issues will give you confidence that you're getting the best support possible and reduce worry.

You should be seen by your local FLS within 12 weeks of you breaking a bone. If there is no local FLS, ask your doctor if you can get your bones checked.

The Royal Osteoporosis Society have a resource for men with osteoporosis. Visit theros.org.uk/info for updates.

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