|  |  |
| --- | --- |
|  | Insert Trust branding here |
| NHS: «NHS»Date: «Date of assessment»«Prefix» «FirstName» «LastName»«Address1»«Address2»«Address3»«Address4»«Address5»«Postcode» | **FLS name**«Address1»«Address2»«Address3»<<Postcode>>Tel: <<Telephone>>Fax: << Fax>>Email: <email@nhs.net>> |

Dear «Prefix» «LastName»,

You were recently «seen/identified by» by specialist nurse «SeenBy» from the fracture liaison service (FLS) after you fractured your «Fracture1». The assessment you were given suggests that you may have osteoporosis, a condition that causes bones to become weaker. According to your results:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Your risk of another fracture is:  | Low |  | High | **Or «FraxScoreMa»** |
|  |  | **⮙** |
| With treatment this could be reduced to: | Low |  | High |  |
| **⮙** |  |  |

**Next steps**

1. For more information about reducing your risk of future fractures please **see overleaf**.
2. We have discussed your prescription, which should be available after <<insert relevant interval in days or local protocol with regards to prescription>>. Your GP has been asked to continue this prescription. If you wish to discuss this with your GP practice as well, please make an appointment with a healthcare professional at your GP practice and have this letter to hand.
3. We will contact you in 3 months to see how you are.

**Who to contact if you have further questions**

1. Your GP or community pharmacist – especially if you have questions about your medication
2. The Royal Osteoporosis Society: 08008 800 0035 or [www.theros.org.uk](http://www.theros.org.uk)
3. Your FLS team (contact details on the top of the page).

Signed: «Seenby»

**What can you do to reduce your fracture risk?**

|  |  |
| --- | --- |
|  | **Medication**«information on treatment, frequency, method of administration and duration, or if declined» |
|  | You need **calcium** to make sure your medication works to strengthen your bones. «information about the patients calcium levels and advice» Find out if you are getting enough calcium: [**https://theros.org.uk/calcium-foods**](https://protect-eu.mimecast.com/s/otOZC5831fZ3m8xizg39E?domain=theros.org.uk) |
|  | **Vitamin D** is needed for your medication to work to strengthen your bones. «information about the patients Vitamin D levels and advice» |
|  | **Reducing your risk of falls**«information on falls service and whether required» |
|  | **Avoid smoking**«information on whether patient smokes and advice» |
|  | **Reduce alcohol intake**«information on patients alcohol intake and advice» |

Further advice lifestyle advice available on:
[**www.rcplondon.ac.uk/FLS-patient-info**](http://www.rcplondon.ac.uk/FLS-patient-info)and [**www.theros.org.uk**](http://www.theros.org.uk)