

What should happen if you or someone you know experiences a fragility fracture?



Did you know that at least **90,000** patients in England and Wales who should have anti-osteoporosis therapy are not receiving it?

Fracture liaison services (FLSs) check if people who have recently broken a bone after falling from a standing height or less (a fragility fracture) might also have **osteoporosis** – a disease that weakens bones, and then advise on treatments to reduce the risk of another fracture, helping to improve patient outcomes.

The **Fracture Liaison Service Database (FLS-DB)** is an audit that measures and reports on the care provided by FLSs - the [FLS-DB 2022 annual report](#) gives a summary of the care that **69 FLSs** in England and Wales provided to over **62,000 people** in 2020. This resource outlines 3 key findings from the report alongside actions that affected individuals can take. You can find recommended actions for healthcare providers in the annual report (page 9–11).

Identification

Data on approximately 7,500 (10%) fewer patients were submitted to the FLS-DB in 2020 compared with 2019, with marked variation between services.

What actions can you take?

All people aged 50 or over who have had a fragility fracture should have a bone health and falls check. If this is not automatically provided for you, **request one** from your GP or hospital.

Not all areas in the UK have an FLS that can provide care – find out if there is one near you and check out the [performance of your FLS](#).



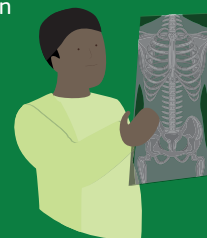
DXA scan

Only 24% of patients submitted to the FLS-DB received a bone density (DXA) scan within 90 days of their fracture in 2020, compared with 46% in 2019.

What actions can you take?

DXA or bone density scans measure the strength of bones and can help to decide whether patients would benefit from drug treatment. There are other ways to measure the risk of experiencing another broken bone and the key is to have rapid and accurate assessments.

If you have experienced a fragility fracture and/or been diagnosed with osteoporosis, you can **ask** your healthcare provider if you need a bone density scan.



Treatment

At least 90,000 patients in England and Wales who should have anti-osteoporosis therapy are not receiving it.

What actions can you take?

If you have experienced a fragility fracture and/or been diagnosed with osteoporosis, make sure you **talk** about your treatment options with your local FLS/hospital/ GP practice.

Follow the [six golden rules](#) if you have been prescribed anti-osteoporosis medication to make sure you are getting the best bone protection.



Read the [FLS-DB 2022 annual report](#) for more information.



View your local healthcare providers' performance using the [public run charts and benchmark tables](#).



Refer to the [FFFAP glossary](#) for further explanation on any of the terms used.

