

A DXA (Dual Energy X-ray Absorptiometry) scan will measure your bone density using a flat bed, not an enclosed tunnel, and uses minimal radiation to scan, usually, your hip and spine. There is no special preparation or injection involved. The scan takes about 10-15 minutes and you will not have to get undressed.

The results of the scan and your clinical assessment and any recommendations for treatment will be sent to your GP.

Treatment is available in the form of medication that works in different ways to either speed up the production of bone building cells, slow down the destruction of bone, or to strengthen the existing bone structure.

### **If you need further information:**

The National Osteoporosis Society,  
Camerton, Bath, BA2 0PJ  
Telephone number: 01761 471771  
Helpline number: 0845 450 0230  
Website: [www.nos.org.uk](http://www.nos.org.uk)

### **Help with this leaflet:**



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Cambridge University Hospitals **NHS**  
NHS Foundation Trust

# **Fracture Liaison Service**

## **Patient Information Osteoporosis**

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Contact no.	01223 348041/336867
Publish/Review date	January 2011/Janary 2014 (no changes made)
Filename	Osteoporosis
Version no.	3
Reference	PIN1465

The aim of the service is to offer people over 50 years of age who have suffered a hip fracture after minimal trauma and are attending the fracture clinic, an assessment of their risk of **osteoporosis**. They will be referred for follow up investigations and management if appropriate.

### **Osteoporosis affects 1 in 2 women and 1 in 5 men over 50 years of age**

Osteoporosis is the thinning of the honeycomb-like, internal structure of bone. It leads to bones becoming more fragile and porous making fractures more likely even from small knocks and falls.

Bone is alive and constantly renewing itself and reaches a peak at about 30 years of age. Exercise and a balanced diet with a good intake of calcium are important throughout life to build our reserves in our 'bone bank' so we can draw on the credit when we need to in later life.

Factors that can increase your risk of developing osteoporosis are:

- A previous fracture
- Early menopause- before 45 years
- Early hysterectomy
- Family history of osteoporosis
- Height loss over two inches
- Chronic immobility

- Low body weight
- Digestive disorders causing malabsorption, for example Crohn's, colitis, inflammatory bowel disease
- Treatment with steroids
- Alcohol intake above 21 units per week
- Smoking
- Liver or kidney disease

Other medical conditions and medications may also increase your risks.

Having more than one of the above risk factors does not confirm a diagnosis of osteoporosis but further assessment is advised. Osteoporosis does not just affect the elderly. Early diagnosis can help to prevent future problems and further painful fractures.

### **Diet**

A well balanced diet with calcium rich food helps to maintain strong, healthy bones.

Vitamin D is also needed by the body to help absorb calcium. The body can obtain Vitamin D both from food and careful sunlight exposure.

Foods rich in calcium include:

- Dairy products, for example milk, yoghurt, cheese
- Tinned fish, for example pilchards, sardines and salmon
- Spinach and watercress
- Kidney beans, baked beans, Tofu and sesame seeds
- Dried fruit, for example figs, apricots, currants

### **Exercise**

Regular weight bearing exercise is beneficial to help maintain bone strength.

This includes: walking, running, dancing, tennis, golf.

Other exercise like swimming, cycling and Tai Chi all help maintain muscle tone which improves balance and stamina reducing the risk of falls.

The results of your assessment in the clinic will not confirm a diagnosis of osteoporosis on the day but will identify if you have risk factors for developing osteoporosis.

Following your assessment with the Osteoporosis nurse there may be no further intervention needed. Or you may be offered a DXA scan to assess your bone density. This will be arranged at a later date.