

Advice for patients who have suffered a fragility fracture

Why have I been given this advice sheet?

We are concerned that the fracture you have sustained may be due to osteoporosis. Osteoporosis is a condition in which bones become less strong and more fragile and so break more easily.

What is a fragility fracture?

It is a fracture (broken bone) occurring after a relatively low impact injury such as a fall from standing height or less or even following no injury at all (i.e. spontaneously). Commonly injured areas include the wrist, hip, pelvis and spine.

Why do they matter?

Many people with fragility fractures have reduced bone density i.e. osteoporosis. These people are therefore at a higher risk of further fractures. The consequences of these fractures include pain, admission to hospital, and decreased quality of life.

What should happen next?

We suggest you speak to your GP about having your bone density measured using a DEXA scan. DEXA stands for dual-energy X-ray absorptiometry and it uses X-rays to measure how dense your bones are. The scan may find your bone density is within the normal range, slightly reduced (sometimes referred to as osteopenia) or more severely reduced (osteoporosis). Depending on the scan results your GP may then recommend you start some medication to try to increase your bone density and so reduce your risk of future fractures.

There is a DEXA scanner at Airedale Hospital and your GP can refer you directly. Prior to referral your GP needs to ensure that you are not vitamin D deficient. This is because a DEXA scan does not differentiate between osteomalacia (vitamin D deficiency) and osteoporosis.

If you need further information, please see your GP.

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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