

## Useful information

Additional advice or information is available from the:

### Fracture Liaison Service

Telephone: 01942 483 483

## Acknowledgement

Information on osteoporosis is provided by The Royal Osteoporosis Society: [www.theros.org.uk](http://www.theros.org.uk)

## Local Community Pharmacy

Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

### Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals  
NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan WN1 2NN

### Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

### How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. Corp 006 How we use your information, this can be found on the Patient Information Leaflets page on the Trust website:  
<https://www.wwl.nhs.uk/patient-information-leaflets> type Corp 006 under the heading **Information Leaflets**.

This leaflet is also available in audio, large print, braille, and other languages upon request.  
For more information please ask in the department/ward.

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Wrightington, Wigan and  
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# Fracture Liaison Service

## Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.



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## **What does the Fracture Liaison Service offer?**

The Fracture Liaison Service offers an assessment to people over the age of 50 who have suffered from a fracture as a result of falling from standing height. This is to determine whether they have osteoporosis.

## **What is Osteoporosis?**

Osteoporosis is the thinning of the honeycomb-like internal structure of bone. It leads to bones becoming more fragile and porous.

Fractures are therefore more likely even from small knocks and falls. This type of fracture is often called a fragility fracture.

Early diagnosis can help to prevent future problems and further painful fractures.

Without treatment people with osteoporosis are likely to suffer a fracture in later life.

Evidence shows that medication and lifestyle changes can significantly improve bone health within 6 to 12 months.

Prompt diagnosis and treatment of osteoporosis after a fragility fracture can reduce the risk of a future fracture by as much as 50 percent.

## **Why am I attending?**

You have been referred to the Fracture Liaison Service by the hospital Fracture Clinic, X-ray department, your General Practitioner (GP) or a health professional.

## **Is there anything I need to do before my appointment?**

Having clinic appointments can be an anxious time and it can sometimes help to have a trusted friend, relative or carer with you.. With your permission they can be present during the appointment to help and support you.

## **What happens at my appointment?**

We will discuss your condition with you and assess the relevant information about your health and home life.

Your clinic appointment will be via telephone, virtually online or in person, depending on your clinical need. It can

last approximately 40 minutes but may take longer if additional tests are required.

We try to keep to appointment times, but delays may occur if you need to be seen for longer than planned.

## **What happens after the clinic appointment?**

Following your appointment the outcome of the assessment and plan will be discussed with you.

Arrangements will be made for a follow up appointment as appropriate. Time will be available to answer any questions that you may have.

We will offer you continued support up to 12 months after your initial appointment as required.

A written summary of your clinical assessment will be sent to your GP and a copy to yourself.