



Patient & Family Guide
2021

Osteoporosis Post-Fracture Clinic



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Osteoporosis Post-Fracture Clinic

You have recently had a fracture (break in a bone) and you may have, or be at risk for, osteoporosis.

Osteoporosis is a disease where bones become very porous (have many small spaces). Porous bones are more likely to fracture. This disease can affect both women and men.

Once you have had a fracture, you are at higher risk for having another fracture. The goal of the Osteoporosis Post-Fracture Clinic is to help prevent future fractures.

A referral has been sent to Dr. Stephanie Kaiser in the Endocrinology Clinic.

You will be booked in the Osteoporosis Post-Fracture Clinic.

What happens now?

- **For pain management, please talk with your primary health care provider.**
- The wait time for an appointment may be 2 to 3 months.
- You will get an appointment date and time in the mail.
- You will also get package of information from the Endocrinology Clinic that includes:
 - › A requisition form for blood work. **Please get your blood work done at least 1 week before your appointment.**
 - › A map of the Clinic location at the Victoria General site.
 - › A pamphlet about the Halifax Osteoporosis Multidisciplinary Education (HOME) program. This is an optional program for patients who are interested.
 - › An Osteoporosis Questionnaire. **Please fill out this form before your appointment and bring it with you to your Clinic visit.**

If you have questions about your referral to the Osteoporosis Post-Fracture Clinic, call the Clinic nurse at 902-473-4649.

