



**OSTEOPOROSIS**

**bonefit**



Osteoporosis is a highly debilitating condition in which bones become less dense and fracture more easily. It is the single most important cause of fractures among men and women over the age of fifty, and is a highly prevalent and costly condition.

The Ministry of Health and Long-Term Care announced the launch of Ontario's first Osteoporosis Strategy in February 2005. The Strategy's main focus is the reduction of hip fractures and other osteoporotic fractures in Ontario.

To reduce morbidity, mortality and costs from osteoporotic fractures, the Strategy employs a patient-centred, multidisciplinary approach that is integrated across health care sectors.

### **Core strategic components of the Strategy:**

#### **FRACTURE PREVENTION**

- Reduce the risk of hip and other osteoporotic fractures

#### **PROFESSIONAL EDUCATION & OUTREACH**

- Increase evidence-informed practice by healthcare professionals

#### **PATIENT EDUCATION AND SELF-MANAGEMENT**

- Increase capacity of at-risk patients to understand and manage their fracture risk



Osteoporosis Canada is playing a significant role in implementing this multi-pronged Strategy along with other key Stakeholders and with help from community partnerships. The combined efforts of all partners have galvanized the development of strategic priorities and goals that will ultimately:



## REDUCE OSTEOPOROTIC HIP FRACTURES IN ONTARIO BY 20% BY 2020

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