



The Osteoporosis and Fracture Prevention Clinic

Hamilton Health Sciences
St. Peter's Centre for Healthy Aging
905-521-2100, ext. 12294

People with healthier bones live better lives.

Fractures can be prevented

Fracture is another name for a broken bone.

Osteoporosis means “porous bone”. Your bones become thinner and weaker causing them to break more easily. The bones that are most likely to break are in your hip, spine and wrist.

The Osteoporosis and Fracture Prevention Clinic is for people who:

- have broken a bone
- are at risk for a fracture because of osteoporosis

This handout will help answer questions about your visit to the clinic.

An appointment with the clinic

- Your family doctor will send a referral to the clinic.
- The clinic will call you to set up the appointment.
- If you need more information, please call 905-521-2100, ext. 12294.

At the clinic you will:

- meet with a nurse to talk about your health and osteoporosis
- meet with a doctor who is a specialist in osteoporosis prevention and care
- receive treatment
- possibly be referred to a dietician, physiotherapist or occupational therapist

When you leave the clinic:

- you may need more tests
- we will send a report of your clinic visit to your family doctor
- we will make another appointment for a follow-up visit, if needed

Checklist to prepare for your appointment

- ✓ Bring all of your medications, vitamins and herbal supplements in their original containers from the pharmacy to your appointment.
- ✓ Bring a written list of all of your past surgeries and medical conditions with you. The nurse will review your list with you.
- ✓ Plan to be at the clinic anywhere from 1 to 2 hours.

Parking is available at the St Peter's Hospital for \$2.00 each hour (max \$10.00).

Directions to St. Peter's Centre for Healthy Aging

From Toronto

- Travel west on QEW
- Exit onto Hwy. 403 to Hamilton/Brantford
- Exit onto Main Street East (Hwy. 8)
- Turn right onto Sherman Avenue
- Turn left onto Maplewood Avenue (St. Peter's is on your right hand side)

From Niagara:

- Travel west on QEW
- Exit onto Burlington Street
- Turn left onto Gage Avenue North
- Turn right onto Maplewood Avenue (St. Peter's is on your left hand side)

From Brantford:

- Travel east on Hwy. 403
- Exit onto Main Street East (Hwy. 8)
- Turn right onto Sherman Avenue
- Turn left onto Maplewood Avenue (St. Peter's is on your right hand side)

**For more information about osteoporosis,
contact the Osteoporosis Society of Canada**

**1-800-463-6842
www.osteoporosis.ca**