

Appendix 2: Printed material provided to study participants in the intervention arm

“I have broken a bone, but do I have thin bones (osteoporosis)?”

- Having thin, brittle, or weak bones is called **OSTEOPOROSIS**. Bones become thin when they lose calcium (please read the enclosed Osteoporosis Society pamphlet for more details).
- When your bones are thin they are more likely to break.
- If you broke your wrist because of a fall or a slip, it is **LIKELY** that you have osteoporosis or low bone mass.
- Persons who have a fracture from osteoporosis are **20 TIMES MORE LIKELY** to fracture again. One out of five of those fractures will happen **WITHIN ONE YEAR** – so it is essential that you see your doctor as soon as possible.
- Osteoporosis is now **TREATABLE**. Besides calcium, vitamin D and lifestyle changes mentioned in the pamphlet, there are new medications that can cut the chance of a fracture by 50%.

What should you do now?

- Visit your family doctor so that they can determine if you have osteoporosis. The Emergency Department has already notified them about your wrist fracture.
- Read the enclosed Osteoporosis Canada pamphlet.

What's next?

- We will be calling you within a month to see how you have been doing, and to talk with you more about osteoporosis.
- We will also be sending you more information in the mail.