



Bone health and osteoporosis

This leaflet explains why it is important to look out for signs of weakened bones due to osteoporosis. The Fracture Liaison Service can help you to find out whether you are affected and can advise on ways to manage the condition. If after reading this leaflet, you think you may be at risk, self-refer today!

Have you recently had a fracture?

If you have experienced a fracture (broken bone), it is important to think about your bone health. In some people, fractures can be a sign that your bones may be weaker than normal.

What is osteoporosis?

Osteoporosis is a common condition causing bones to become weaker and more fragile. As a result, bones are more likely to break easily, sometimes after a minor fall or even a bump. Often referred to as the 'silent condition', osteoporosis develops slowly and may go undiagnosed until a fracture occurs.

One of the most serious types of fragility fractures is a hip fracture, which often serves as a warning sign of weakened bones.

Risks following a hip fracture

- Your risk of another fracture doubles or triples, particularly in the first 1-2 years after the initial fracture.
- The next fracture could occur in the spine, wrist or the other hip.

What can I do about it?

Treatment to strengthen your bones, along with lifestyle changes, can significantly reduce this risk. Having your bone health reviewed can make a significant difference, helping you remain independent, active, and strong.

What is the Fracture Liaison Service (FLS)?

The Fracture Liaison Service (FLS) is a specialist team dedicated to supporting people who have broken a bone and are at increased risk of further fractures. The team assesses bone strength and provides advice and guidance on treatment to prevent further fractures.

As part of the assessment, you may need a blood test to check for conditions that affect bone health. You might also be offered a bone density (DEXA) scan, although this is not always necessary. The team works with you to develop a personalised plan, which may include lifestyle changes and, in some cases, medication.

The main goal of the service is to identify reduced bone density and prevent future fractures.

How to self-refer

- Telephone: 0118 322 5111
- Email: rbft.flis@nhs.net
- Alternatively, you can ask your GP practice to refer you.
- Please provide details of the fracture site, how the injury occurred, and any relevant medical history.

Further information

The Royal Osteoporosis Society – <https://theros.org.uk/information-and-support/>
<https://theros.org.uk/healthcare-professionals/clinical-quality-hub/fracture-liaison-services/>

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Next review due: December 2027.