

## **Hundreds of thousands of Canadians needlessly fracture bones each year due to osteoporosis**

*London Drugs offers Osteoporosis Screening Clinics to aid in prevention*

**September 5, 2017** – Dubbed the ‘silent thief’, bone loss from Osteoporosis occurs without symptoms – until the first fracture. According to Osteoporosis Canada, fractures from osteoporosis are more common than a heart attack, stroke or breast cancer combined, and yet over 80 per cent of fracture patients are never offered screening or treatment post fracture<sup>1</sup>.

Around 30,000 Canadians each year suffer from hip fractures, and many more suffer osteoporotic fractures affecting the spine, wrist, shoulder, and pelvis<sup>2</sup>. Lily Liang, a Patient Care Pharmacist at London Drugs, says many Canadians aren’t aware of the early screening measures available to them, which help patients determine their risk of developing Osteoporosis, before a fracture occurs.

“Since osteoporosis often has no noticeable symptoms, routine screenings are crucial in assessing a patient’s risk of Osteoporosis. We can develop an action plan with the patient to help improve bone health and minimize that risk,” explains Liang.

Without Bone Mineral Density (BMD) testing, 80 per cent of patients with a history of fractures are not given osteoporosis therapies. This results in hundreds of thousands of Canadians needlessly fracturing each year, as their osteoporosis goes undetected<sup>3</sup>.

For the many Canadians who have not been tested, Liang encourages them to take advantage of [Osteoporosis Screening Clinics](#) available at London Drugs. Using the World Health Organization’s FRAX assessment tool and Sunlight Omnisense® device, Patient Care Pharmacists scan and measure the patient’s bone strength and assess their risk for falls and fractures. The consultation takes about 45-minutes.

Post-screening, patients are given an assessment of their vitamin D and calcium intake, lifestyle factors, and existing medical conditions as they relate to fracture risk. Each patient is then provided with tips on how to minimize their risks, and a personalized action plan to fit their wellness goals.

“Pharmacy clinics like these are an accessible, convenient way to stay informed about the changes that happen in the body during the aging process. This knowledge aids in the prevention of disabling fractures,” says Liang.

Clinic appointments with a Patient Care Pharmacist can be booked [online](#) or by calling the pharmacy.

### **ABOUT LONDON DRUGS**

Founded in 1945, B.C.-based London Drugs has 79 stores in more than 35 major markets throughout British Columbia, Alberta, Saskatchewan and Manitoba including its online store [LondonDrugs.com](#). London Drugs offers consumers a range of products from digital cameras and cosmetics to computers and televisions. Renowned for its creative approach to retailing, the company employs more than 7,000 people with pharmacy and health care services being the heart of its business. Committed to innovation and superior customer service, London Drugs has established itself as a reputable and caring company and continues to position itself for future growth and development.

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<sup>1</sup> [Osteoporosis Canada](#)

<sup>2</sup> [Osteoporosis Canada](#)

<sup>3</sup> [Osteoporosis Canada](#)