

# Broken bones

## Emergency Department Patient Information Leaflet

### Introduction

You have broken a bone. This is also known medically as a fracture. This leaflet gives you information about what will happen now, what to do when you get home and a bone condition called osteoporosis.

### What happens now?

We will give you an appointment which will take place in the Emergency Department or the Fracture Clinic in the north wing of the hospital. Alternatively, we may refer you to the Virtual Fracture Clinic who will contact you. At the appointment, a senior doctor will review your injury.

### What should I do at home?

We will give you specific information about your particular broken bone and how to care for your plaster or splint, if you have one.

The healthcare practitioner will give you information about painkillers to help relieve your pain.

## Falls team

If your injury was caused by a fall, the Emergency Department clinician who sees you will ask you how and why you fell. If he/she thinks you are at risk of falling, we may refer you to the Falls team. This is a specialist team who will give you advice to help prevent you from falling again.

## Osteoporosis

Losing bone density is a normal part of the aging process but some people lose bone density much faster than normal. This can lead to osteoporosis which increases the risk of fractures.

Osteoporosis is a disease that causes gradual weakening of the bones. It can sometimes be treated which may help reduce your risk of breaking bones in the future.

Women also lose bone density in the first few years after the menopause (when monthly periods stop and the ovaries stop producing an egg). Women are more at risk of osteoporosis than men, particularly if their menopause begins before the age of 45.

Other factors that may increase the risk of developing osteoporosis include:

- Long-term use of high-dose oral corticosteroids.
- Other medical conditions such as inflammatory conditions, hormone-related conditions, or malabsorption problems.
- A family history of osteoporosis particularly if your parent has had a hip fracture.
- Long-term use of certain medications which can affect bone strength or hormone levels.
- Having a low body mass index (BMI).
- Heavy drinking and smoking.

If you think you are at risk of developing osteoporosis, you should visit your GP. They will use an online calculator to assess your bone health and, if necessary, they will arrange for you to have investigations and/or treatment.

## Can I find out more?

You can find out more from the following weblink:

### **Royal Osteoporosis Society**

<https://theros.org.uk/>

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to one of our nurses. If you need help when you return home, please contact your GP or NHS 111.

### **This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/accident-emergency/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔