



Strengthening your bones following a broken bone

Golden rules

Start your prescribed bone treatment as soon as possible

Keep taking your treatment, exactly as instructed, unless advised otherwise by your healthcare professional

When discussing treatment, let your healthcare professional know if you have had:

stomach ulcers in the past 12 months

swallowing problems in the past 6 months

kidney problems

Contact your practice pharmacist or GP if you have any problems with your medication

Check your calcium intake with help from the ROS
(contact details overleaf)

More information

Need advice, information or support?

Contact the Royal Osteoporosis Society (ROS): theros.org.uk

Free osteoporosis specialist nurse helpline: **0808 800 0035**

For additional information on maintaining strong bones:

www.rcplondon.ac.uk/FLS-patient-info

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