



### Strong Bones after 50: Patient Guide and Animation

My name is Ellie and I am the Programme Coordinator for the [Falls and Fragility Fracture Audit Programme \(FFFAP\)](#) at the [Royal College of Physicians \(RCP\)](#). I know what you're thinking...*well that's a mouthful* and indeed it is. Dinner party conversations regarding my career usually end in eyes glazing over and a swift diversion of subject matter. But the work I do towards the improvement of care for those suffering with osteoporosis and its potentially life-threatening repercussions must not be overlooked!

[Osteoporosis](#) affects over 3 million people in the UK but despite its prevalence, it is vastly undiagnosed. Shockingly, a fifth of female sufferers who have broken a bone go on to break another three or more before being diagnosed with the condition.

More than 500 000 people receive hospital treatment for fragility fractures (bones that break after falling from standing height or less) every year as a result of osteoporosis. This is a huge economic burden upon health services; approximately £5.25 billion, and an epidemic that has lasting physical and emotional repercussions for sufferers. And as life expectancy steadily increases, the situation is likely to get worse; it is estimated that there will be 25% more fragility fractures by 2030. This is a sobering prospect but a crucial reminder that the efficacy of the Falls and Fragility Fracture Audit Programme (FFFAP)'s work to improve the pathway for patients with fragility fractures is more important than ever.

With 1 in 3 women and 1 in 5 men suffering from fragility fractures, nearly everyone has a family member or friend who has been affected. Do you? Or perhaps you have sustained a fragility fracture yourself? We have created a [guide and animation](#) to inform and empower fragility fracture sufferers, their carers and families with the knowledge they need to ensure maximal care and a better quality of life.

Please support this cause and share our resources so that they reach those who need them most.

Here's what you can do:

- Share the ['Strong bones after 50' patient guide and animation](#)
- Follow and tag us on twitter @RCP\_FFFAP

**Together we can break through fractures.**