

What happens if the doctor prescribes medicine for me?

During your visit, your doctor may prescribe medicine to treat or prevent your bone condition. The medicine may be a pill to take by mouth, an injection, or an intravenous (IV) infusion (medicine infused into your vein). Your doctor will discuss the best option with you and will give you more information about your specific treatment at the clinic.

If your doctor prescribes the IV infusion, we will refer you to **Medical Daycare** at the hospital to receive it. We will mail you the details of your appointment. If you have additional questions about this appointment, contact **Medical Daycare directly at (416) 242-1000, ext. 21300.**

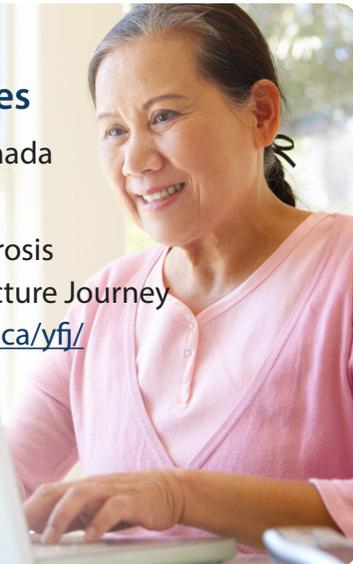
Bone Health Web Resources

Osteoporosis Canada
osteoporosis.ca

Ontario Osteoporosis Strategy. My Fracture Journey
osteostategy.on.ca/yfj/



Scan Me



For any questions or help with your Bone Health Clinic visit, please call:

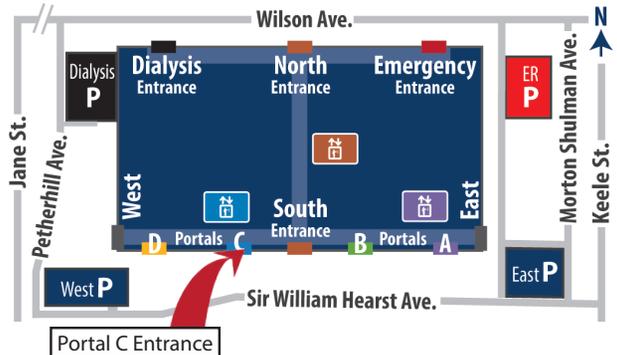
Bone Health Clinic

Level 1, inside the Healthy Living Clinic
Humber River Health
1235 Wilson Ave.,
Toronto, Ont. M3M 0B2

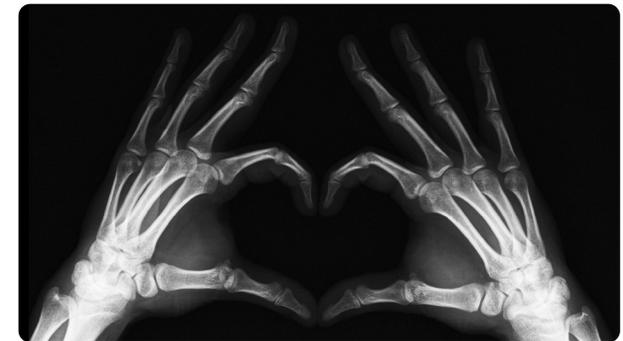
Tel: (416) 242-1000 ext. 21800

The Healthy Living Clinic is open
Monday to Friday, 8:30 a.m. to 4:00 p.m.

The closest hospital entrance to the clinic is portal C.



Bone Health Clinic



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English

This information is important! If you have trouble reading this, ask someone to help you.

Italian

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

About Us

Humber River Health's (HRH) Bone Health Clinic provides specialized outpatient follow-up care to seniors who have recently been treated at our hospital for a hip fracture.

At the clinic, you will meet with a multidisciplinary team, including:

- Doctor
- Registered Nurse
- Registered Dietitian
- Social Worker

Our team members are skilled in geriatric bone health and senior friendly care.

Through assessments, counselling, education, and recommendations to treatments, the team can help you recover from your recent hip fracture.

The goal of the Bone Health Clinic is to help you get your bones as healthy as possible so that you can prevent fractures in the future.



What does each team member do?

Doctor

The doctors will guide you and make recommendations towards your optimal bone health. During your visit, they may also prescribe medicines to prevent future fractures.

Registered Nurse

The nurse will take your blood pressure, complete a health assessment, and go over your recent medicines. If the doctor has ordered an injection for you, the nurse will give this to you.

Registered Dietitian

The dietitian will provide you with counselling and education on bone health. They will also give you resources for your diet and lifestyle.

Social Worker

The social worker will speak with you about any barriers that may prevent you from applying the team's recommendations or any psychosocial needs you may have. They will provide resources to help remove those barriers and make sure your needs are met.

How do I access this clinic?

If you are eligible to attend this clinic, the doctor caring for you at HRH will refer you. The clerical staff at the clinic will contact you for an appointment (visit).

How do I prepare for my clinic visit?

Before your clinic visit:

- Please follow the instructions on **preparing for a bone mineral density test**. Make sure your care team gives you this instruction sheet before discharge from the hospital.

On the day of your clinic visit, please bring:

- Your health card (OHIP) and photo ID
- A complete list of the medicines you are taking (or the actual medicines in their original containers)
- A family member or friend that can assist you during your visit.

Do not bring jewelry or other valuables.

What can I expect during the visit?

You will do the bone mineral density test in the morning and meet with the clinic team in the afternoon.

The visit may take up to 6 hours. Please plan your day accordingly. You may bring food, snacks, and/or drinks to have while you wait.