

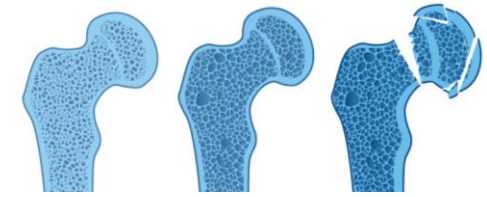


# **BROKEN BONES, BROKEN LIVES:**

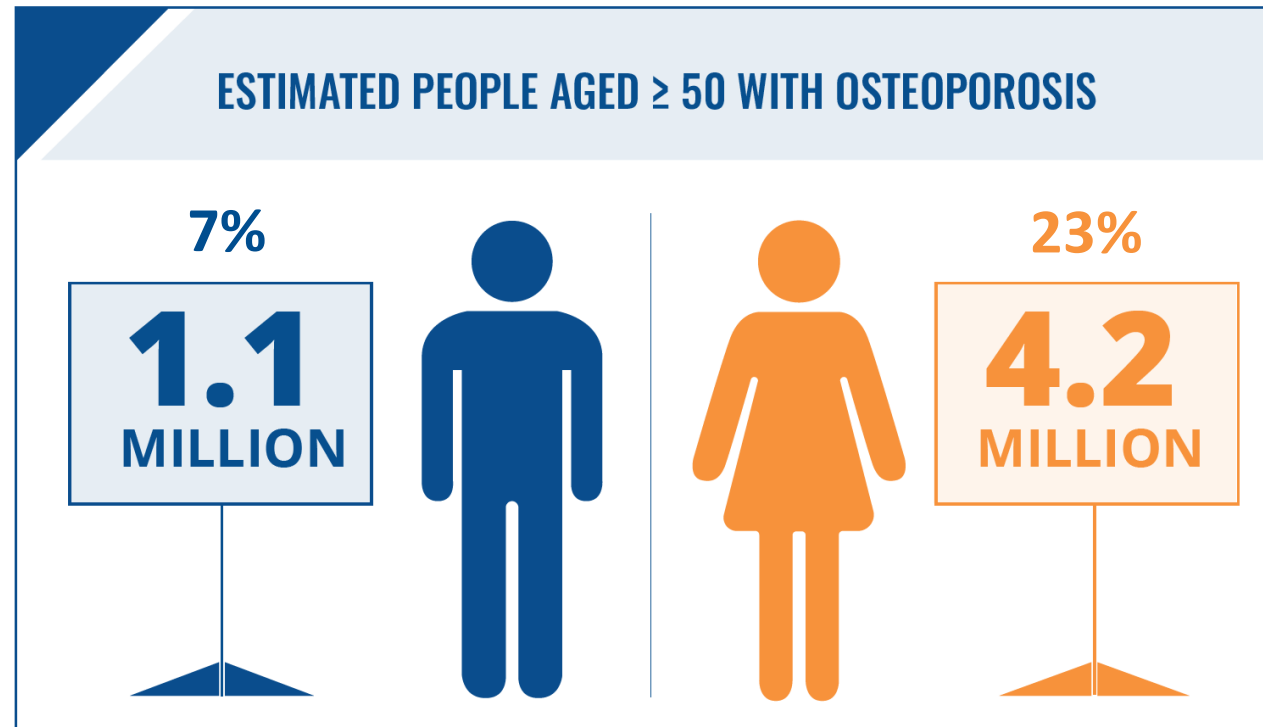
The fragility fracture crisis in Germany



# OSTEOPOROSIS



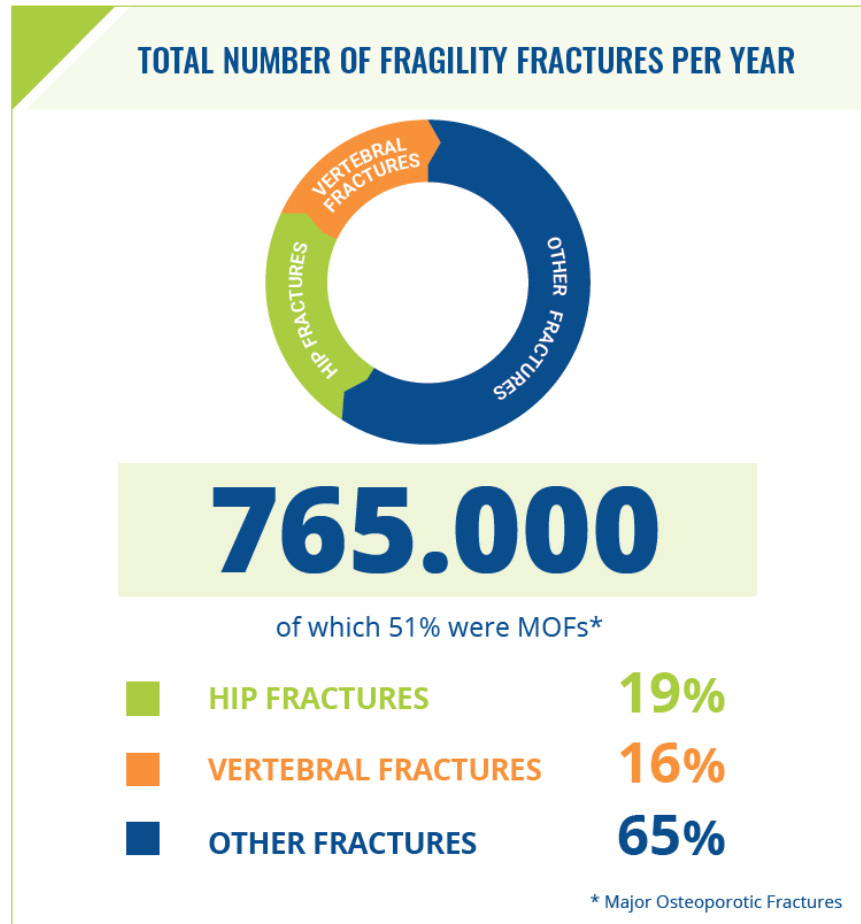
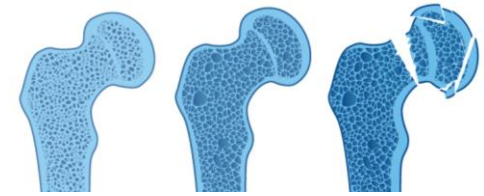
- Prevalence:**
- approximately 5.3 million people have osteoporosis in Germany (2015)
  - comparable to the other EU6\* nations



# OSTEOPOROSIS



# FRAGILE BONES THAT FRACTURE EASILY

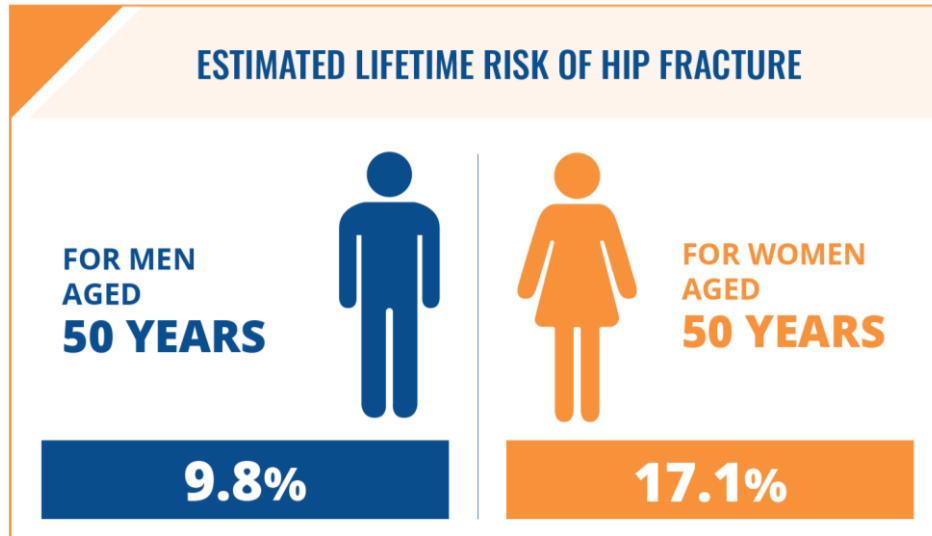


Fragility fractures due to osteoporosis affect both men and women

Incidence in Germany:  
Estimated number of fragility fractures in 2017, and by fracture category



# FRAGILITY FRACTURES IN THE CONTEXT OF PUBLIC HEALTH PRIORITIES

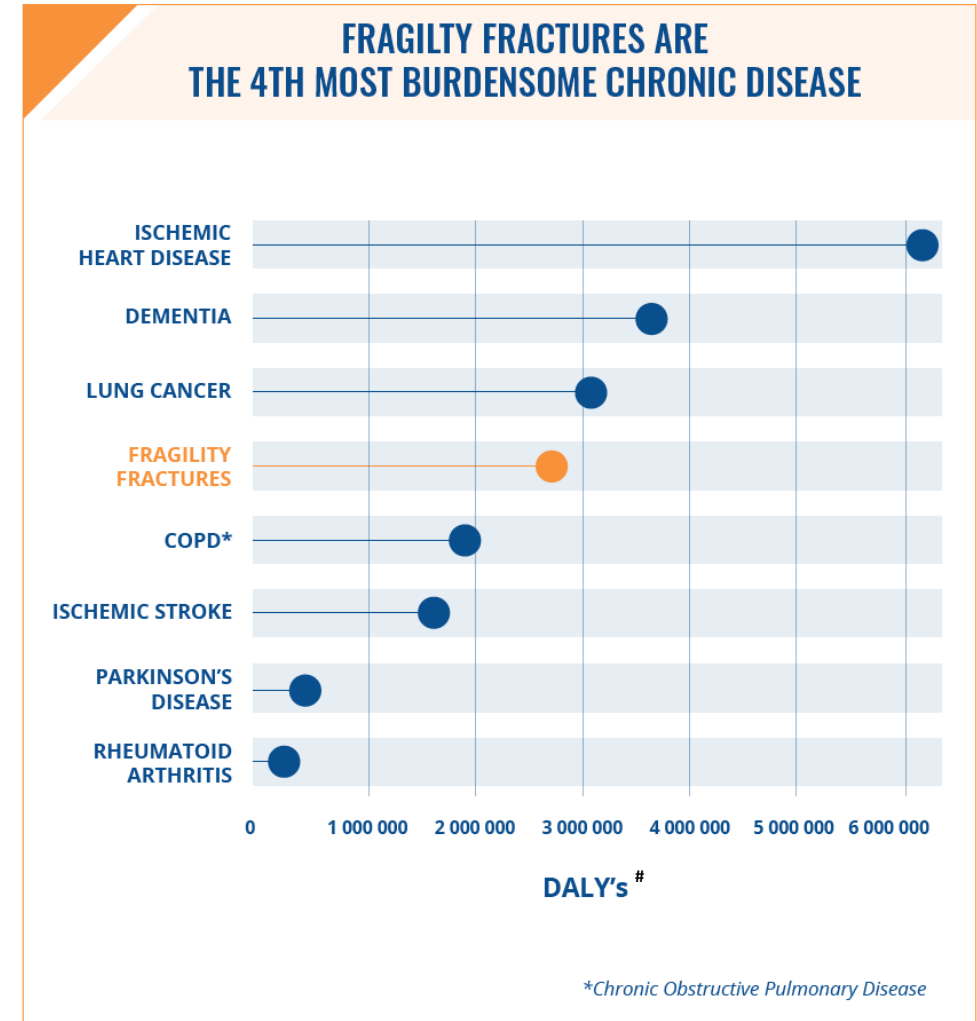
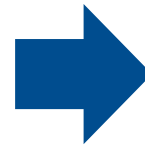


**MOF = 20%<sup>+</sup>**  
**STROKE = 14%<sup>+</sup>**

**MOF = 35%<sup>+</sup>**  
**STROKE = 20%<sup>+</sup>**

**Lifetime risk of sustaining a MOF is higher than the lifetime risk of having a stroke for both women and men<sup>+</sup>**

<sup>+</sup> MOF (Major Osteoporotic Fracture) risk for individuals aged 50 in Germany; equivalent stroke risk in Europe



<sup>#</sup> Disability-adjusted life years: a measure of the impact of a disease or injury in terms of healthy years lost




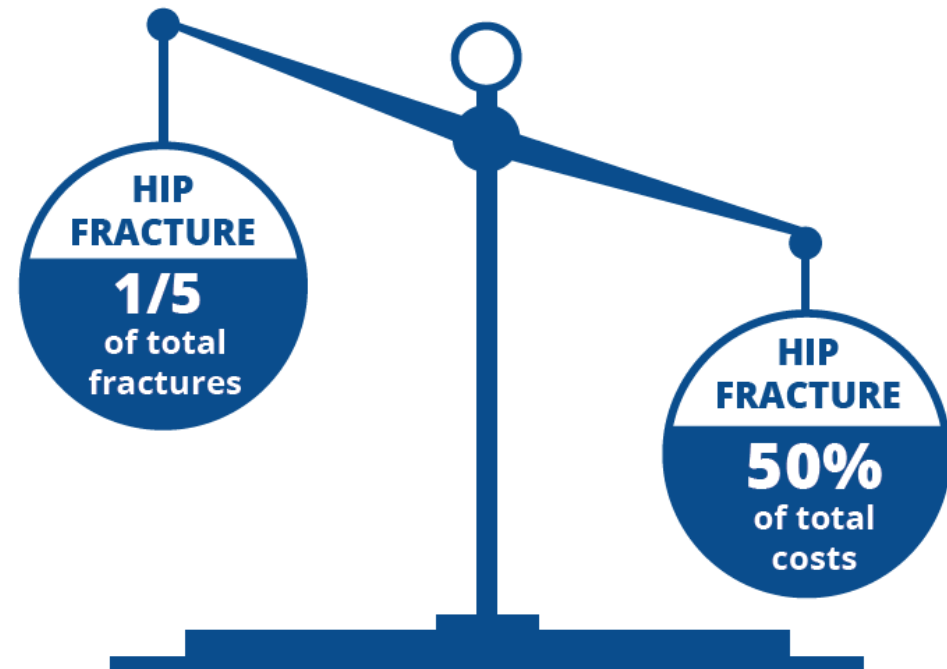
# FRAGILITY FRACTURES INCUR SUBSTANTIAL HEALTHCARE COSTS

## Fracture-related costs:

**1st**  
YEAR

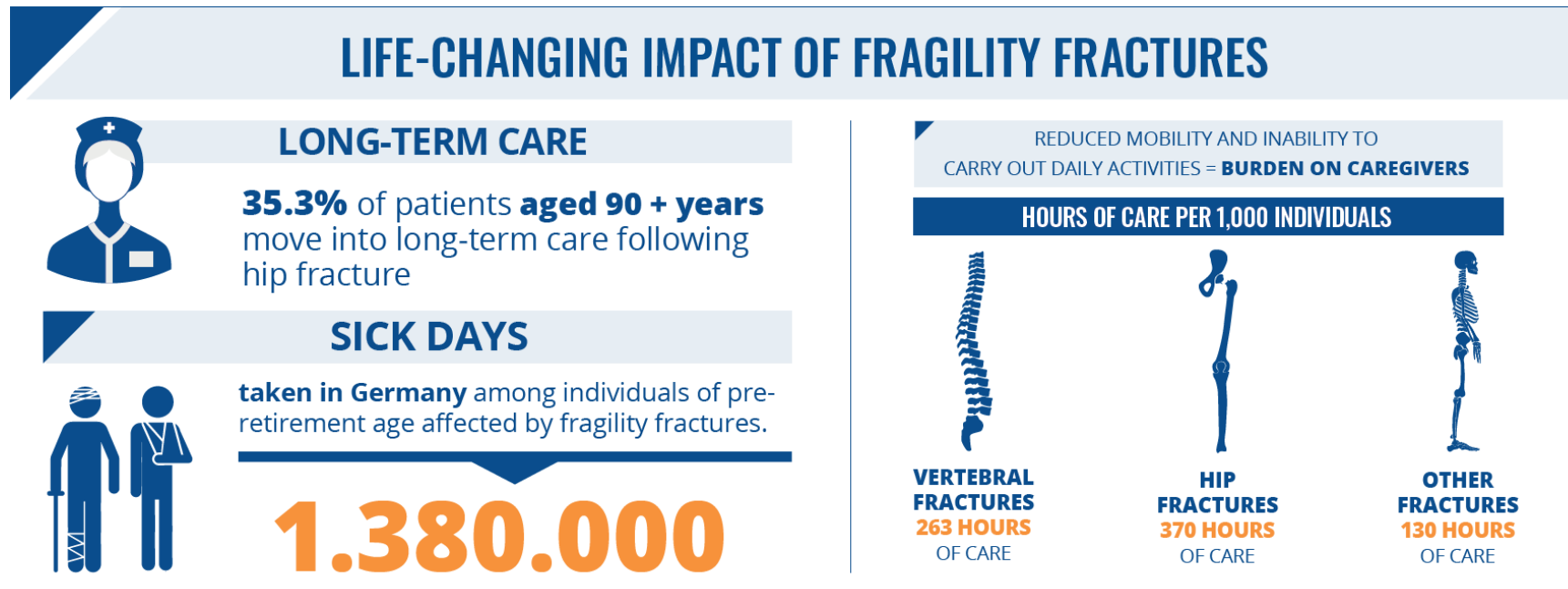
Happen **during first year** after fracture

 Highest with **hip fractures**



# FRAGILITY FRACTURES HAVE A MULTIFACETED IMPACT ON THE INDIVIDUAL AND SOCIETY

Reduced independence and lifestyle impairment



Patients suffering fragility fractures depend on care from family and friends

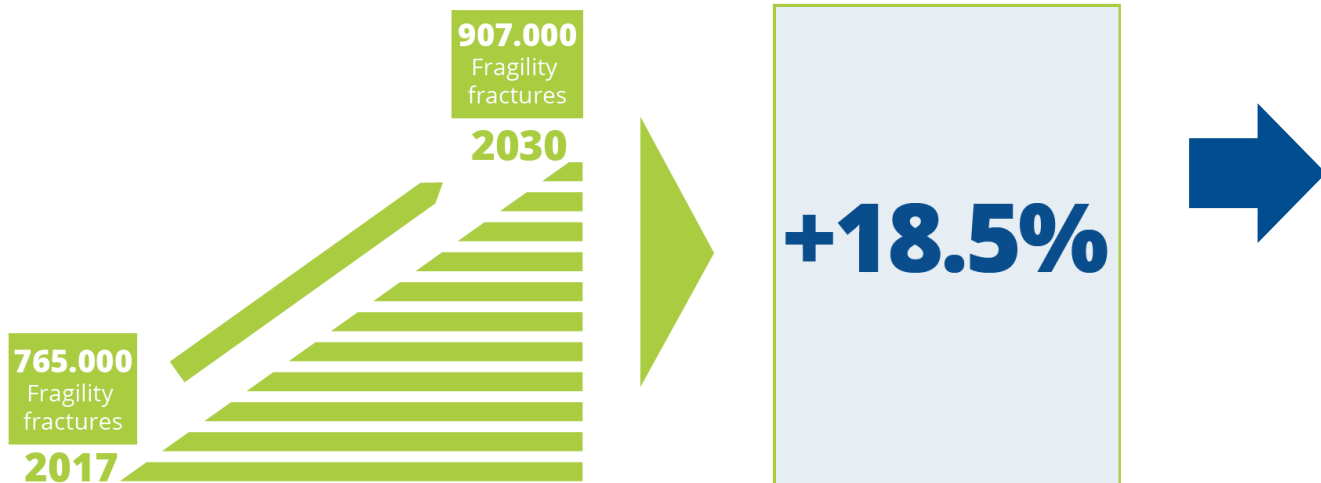
Fragility fractures can significantly impact the working population:

Germany has among the highest number of average sick days taken per 1000 people compared to the other EU6 nations

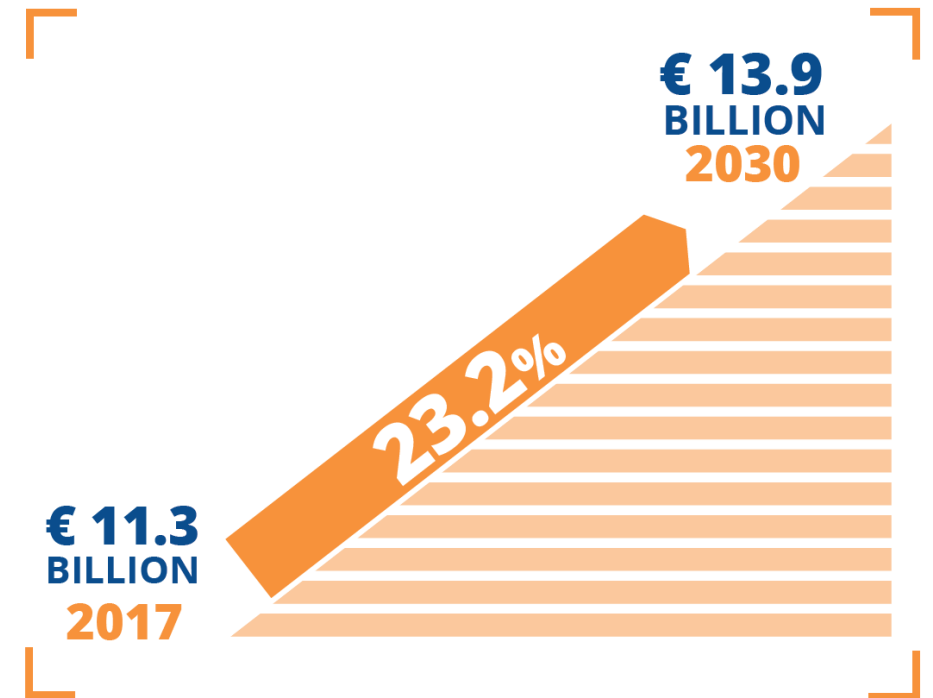


# FRAGILITY FRACTURES ARE A GROWING CHALLENGE IN THE PUBLIC HEALTH LANDSCAPE

The incidence of fragility fractures is set to rise



Fracture-related costs are set to rise



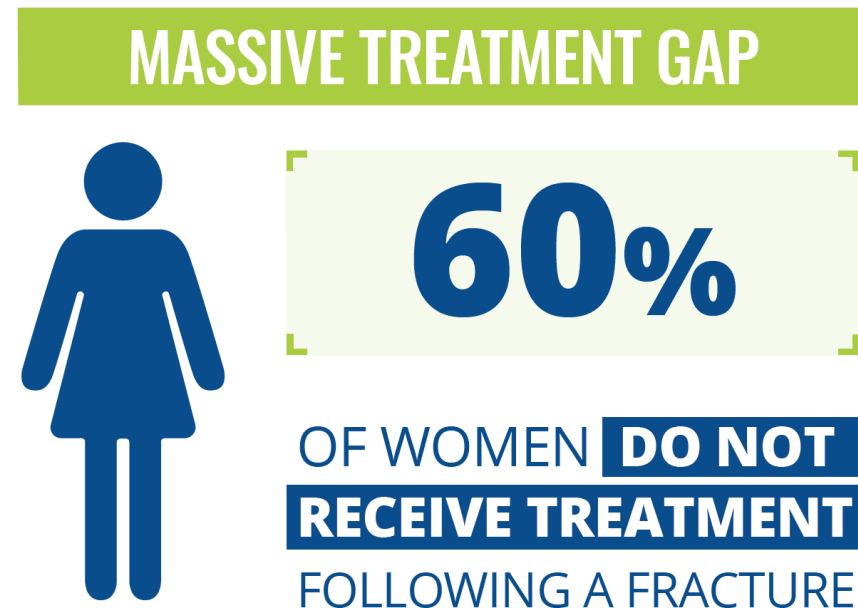
# EFFECTIVE MANAGEMENT IMPROVES OUTCOMES AND REDUCES COSTS

## One fragility fracture leads to another:

Women who had a fragility fracture are  
**five times more likely to experience  
a second fracture**

within the first year after a fracture  
than women who have not had  
a prior fracture,

yet...



With appropriate medical treatment,  
many fragility fractures can be avoided





# EFFECTIVE MANAGEMENT IMPROVES OUTCOMES AND REDUCES COSTS

**Coordinated care models are multidisciplinary**

healthcare delivery models which aim **to identify, diagnose and treat patients** who have suffered a fragility fracture

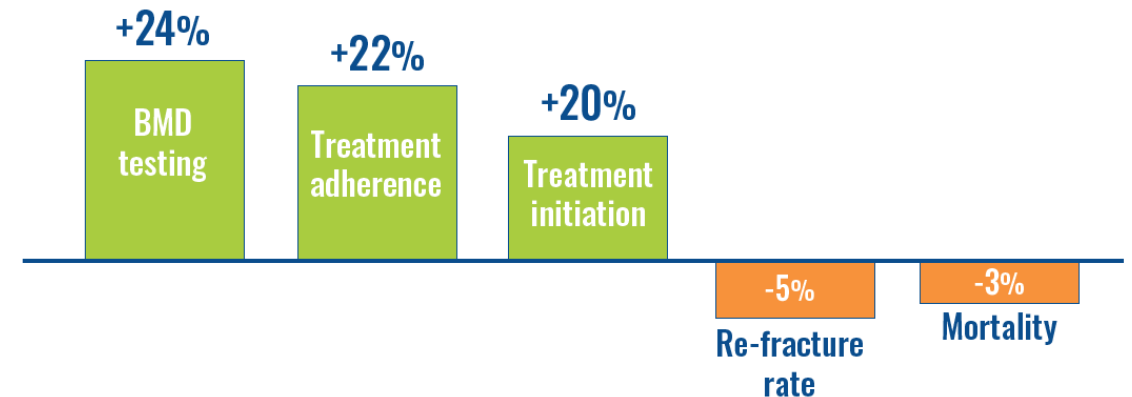
**Multidisciplinary models**

for secondary fracture prevention can **contribute to closing the treatment gap**

## FRACTURE LIAISON SERVICES (FLS)

= cost-effective care delivery model to **IMPROVE OVERALL OUTCOMES & REDUCE COSTS**

### EFFECTS of FLS (absolute change)



# A ROADMAP TO SOLVE THE FRAGILITY FRACTURE CRISIS IN GERMANY

**Osteoporosis prevention and treatment is not receiving the priority it deserves** by the Government and relevant health policy officials



**A joint stakeholder effort** (involving physicians, health politicians, health insurances, patient organizations, and social welfare associations) **is required to reduce the impact of fragility fractures for patients and the society**

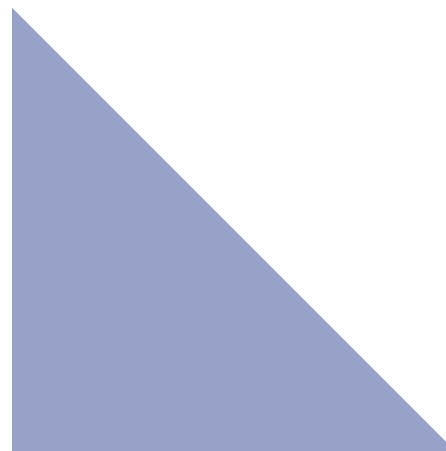
**Some of the improvements to osteoporosis care and healthcare policy needed are to:**

1. Implement DVO Medical Guidelines to treat patients with fragility fractures
2. Ensure reimbursement of the dual X-ray absorptiometry bone density measurement for all high-risk patients
3. Use coordinated care models (e.g. IDNs) and implement the discharge management model
4. Create an osteoporosis management program could foster a multidisciplinary approach to care, improve the quality of medical care for patients and close the current treatment gap
5. Encourage education and information to patients and citizens to be more 'bone-conscious'
6. Actively support civil society organizations working within the field of osteoporosis





Broken bones, broken lives:  
The fragility fracture  
crisis in Germany



**FOR MORE INFORMATION**

**[www.iofbonehealth.org/broken-bones-broken-lives](http://www.iofbonehealth.org/broken-bones-broken-lives)**