



CLOSING THE GAP

Between Orthopaedic Surgeons and Physicians in Secondary Fracture Prevention: A Call to Action

The International Osteoporosis Foundation Asia Pacific (IOF AP) and Asia Pacific Orthopaedic Association (APOA) call on the medical community, and the orthopaedic community specifically, to take rapid action to prevent fragility fractures. The following recommendations should be enacted urgently:

- Recognize that the burden of osteoporosis and related fragility fractures has substantially increased and will continue to increase markedly in the future in the Asia Pacific region.
- Recognize that osteoporosis is a disease that remains under-diagnosed and undertreated, and work towards increased awareness of the disease and of the need for fracture prevention among medical practitioners and the public.
- Physicians and orthopaedic surgeons should work together to ensure effective management of the disease, including early diagnosis, fracture risk assessment, early and appropriate pharmacological treatment and monitoring, fracture prevention (both primary and secondary).
- Physicians should recognize the importance of appropriate fracture fixation, post fracture rehabilitation and care to allow patients to achieve maximal functional recovery.
- Orthopaedic surgeons should recognize the challenge in fragility fracture management, in particular surgical treatment of these fractures.
- Orthopaedic surgeons must always equip themselves to fix fractures in the best way possible, with proper preoperative planning, selection of the appropriate implants and approach, and with the possible use of augmentation to promote fracture healing.
- Orthopaedic surgeons should perform risk assessment, appropriate pharmacological management and treatment monitoring to promote compliance and adherence, and provide proper rehabilitative care to prevent subsequent fractures.
- Orthopaedic surgeons must be equipped with the necessary knowledge, interest and confidence in initiating and continuing pharmacological treatments for osteoporosis.
- Promote orthogeriatric care and services in combination with occupational and physiotherapists in handling elderly with fragility fractures presenting with concomitant dementia.
- Orthopaedic surgeons are encouraged to take a leading role in the development and implementation of Fracture Liaison Services or Orthogeriatric Services in their hospitals and clinics.

“ The Asia-Pacific region is facing an exponential rise in fragility fractures due to osteoporosis, yet approximately 80% of fracture patients are not diagnosed and treated for the underlying disease. As outlined in this Call to Action, we urge all orthopaedic surgeons to take the necessary steps to help their patients prevent recurrent fractures. ”

