

## **DORSET COUNTY HOSPITAL EXPANDS OSTEOPOROSIS CLINICS**

DORSET County Hospital NHS Foundation Trust is to run more bone density scanning clinics for people at risk of osteoporosis (brittle bone disease).

Dorset County Hospital is the only one in the area offering one-stop clinics, where patients have their scan and get their results along with individual advice about treatment all on the same day.

“Within a half hour appointment we perform the scan, carry out a fracture risk assessment, advise on treatment and address any lifestyle risk factors,” explains Jane Raleigh, Clinical Specialist in Rheumatology.

“Dorset has a high proportion of elderly people and the service is much needed.”

Extra sessions have been made possible by a grant from the National Osteoporosis Society, which gave funds for an osteoporosis practitioner to provide the service for more days of the week. Janice Risley started in the new role in December. As a qualified physiotherapist, she brings a wealth of knowledge and experience to the job.

“I have worked with people suffering the consequences of osteoporotic fractures and now relish the opportunity to facilitate the early diagnosis and treatment of this debilitating condition,” says Janice.

The hospital currently operates the scanner two days a week and plans to increase that to four days by the summer.

“Osteoporosis is a silent but treatable condition. Individuals with osteoporosis are at significantly greater risk of fracture following a minor fall. Typical sites of osteoporotic fracture are the wrist, spine and hip. Fifty percent of older people who suffer a hip fracture lose the ability to live independently yet, with treatment, risk of fracture can be reduced by up to half,” Jane advises.

Working alongside Osteoporosis Dorset, the Dorset County hospital team have been instrumental in setting up the West Dorset Bone Health Group. Quarterly meetings take place in Poundbury, Dorchester offering support, education and advice for people with osteoporosis. Osteoporosis Dorset is a local charity, established in 1992. Its aim is to reduce the number of fractures associated with osteoporosis in Dorset. Osteoporosis Dorset is also organising a Bone Health Fair to celebrate National Osteoporosis Month on the 16<sup>th</sup> June 2009 (11:00am-3:00pm) at the Hub, Verwood. For further information on the events contact Osteoporosis Dorset on 01202 443064 [www.osteodorset.org.uk](http://www.osteodorset.org.uk).

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