

## Prevention of secondary fragility fracture

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### ABSTRACT

As populations are ageing, osteoporotic fractures are common and they are associated with high rates of mortality and morbidity, disability, pain and a high cost of treatment. In addition to primary prevention strategies, efforts should be made to improve patients' outcomes after a fragility fracture and optimise their overall management. Optimal surgical treatment of the fracture, when indicated, and high-quality post fracture care in terms of evaluation and appropriate medical treatment of osteoporosis, rehabilitation, lifestyle modifications and secondary fall prevention should be

provided for optimal functional recovery, reduction of future fracture risk and improvement of overall quality of life. A multidisciplinary approach and the establishment of clinical pathways are mandatory to ensure optimisation of treatment and adherence to prevention strategies of secondary fractures.