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**For Immediate Release**  
October 24, 2017

**Public Session on Osteoporosis:**  
**Make Your First Fracture, Your Last – “Be Unbreakable”**

**(Oakville / Milton / Halton Hills, ON) October 24, 2017** – Have you ever wondered how much calcium and vitamin D you should be taking to prevent fractures? Whether hormone therapy is safe? Is your osteoporosis therapy working? Could you be having side effects to your osteoporosis treatment? Join us for a public session on how you can build strong bones for life, and prevent fractures in the future. This event is being organized in recognition of Osteoporosis Month and in partnership with Osteoporosis Canada during the month of November. Get informed and join the conversation *#BetterBoneHealth*

“Only 15 percent of Canadian women receive treatment for their osteoporotic fracture and many unfortunately fracture again within one year,” said Dr. Aliya Khan, an internationally recognized bone expert and physician at Oakville Trafalgar Memorial Hospital (OTMH). “Treatment rates at OTMH after a hip fracture are one of the highest in Canada due to innovative approaches to patient care.”

The Osteoporosis program at OTMH includes an inpatient hip fracture program, a fracture liaison service in partnership with Osteoporosis Canada, as well as an outpatient Osteoporosis Clinic providing state-of-the-art care in the diagnosis and treatment of osteoporosis.

“We can’t always prevent a fall but we can prevent a fracture or at least decrease its severity,” said Dr. Mark Ginty, Orthopedic Surgeon, Oakville Trafalgar Memorial Hospital. “Osteoporosis is a common disease that affects 1 in 4 women, and more than 1 in 8 men over the age of 50,” he added.

Dr. Gregory Thomson, Physician Program Director, Halton Healthcare Rehabilitation and Geriatrics Program, added that no one wants to come repeatedly to hospital with a fracture if their injuries can be prevented. “It’s not good for either the patient or the associated costs to our healthcare system,” he said.

## **Join leading experts from Halton Healthcare and Osteoporosis Canada:**

**Monday, November 13, 2017**

**6:00-6:30 p.m. refreshments and display - Osteoporosis Canada**

**6:30-7:30 p.m. presentation and Q&A**

Speakers:

- Dr. Aliya Khan, MD, FRCPC, FACP, FACE at OTMH
- Dr. Mark Ginty, Orthopedic Surgeon at OTMH
- Dr. Gregory Thomson, Physician Program Director, Rehabilitation and Geriatrics Program, Halton Healthcare

**Where?** Oakville Trafalgar Memorial Hospital, 3001 Hospital Gate  
John Oliver Auditorium (near the main lobby)

- The event is free but attendees must pay for parking

**RSVP:** [kveno@haltonhealthcare.com](mailto:kveno@haltonhealthcare.com) or 905.845.2571 x3861

### About Halton Healthcare:

Halton Healthcare is a healthcare organization comprised of three community hospitals - Georgetown Hospital, Milton District Hospital and Oakville Trafalgar Memorial Hospital. Together these hospitals provide healthcare services to more than 350,000 residents in the communities of Halton Hills, Milton and Oakville. Halton Healthcare hospitals have been recognized for their best practices in a number of patient safety and patient care initiatives. For more information, visit [www.haltonhealthcare.com](http://www.haltonhealthcare.com)

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