



THE BREAST & BONE HEALTH PROGRAM

Dear Healthcare Provider,

The types of breast cancer treatment that reduce estrogen levels may cause rapid bone loss. In fact, women treated for breast cancer have a

- **40%** increased risk of osteoporosis,
- **30%** increased risk of fracture, and
- **20%** increased risk of hospitalization due to fracture.

Unfortunately, few women are aware of, or know how to manage, treatment-related bone loss.



The Breast & Bone Health Program is a free and comprehensive online support resource for women with breast cancer. In order to assist women in optimizing their bone health during and after treatment, it offers tips and hands-on tools. These include treatment recovery exercise plans, tailored bone health information, and listings of calcium-rich foods. The content serves to teach and encourage non-pharmacological interventions based on published guidelines from the American Society of Clinical Oncology and Osteoporosis Canada. The website also has a separate section with downloadable tools for healthcare professionals such as bone health evaluation templates and literature about continuing education opportunities.

Visit our website at

www.breastandbonehealth.ca

and refer your patients to it so that they can access all the valuable resources that we have to offer!

Thank you.

Sincerely,
The Breast & Bone Health Program team