

Share Your Fragility Fracture Story



Help Others by Telling Your Experience

We hope this letter finds you well in your recovery. As someone who has experienced a fragility fracture and received care through one of New Zealand's Fracture Liaison Services, your story matters to us and could help others going through similar experiences.

About Our Annual Report

Each year, we publish the Australian and New Zealand Fragility Fracture Registry Annual Report. This report shows how well we're doing at helping people after they've had a fragility fracture - when bones break more easily than they should from minor falls or incidents - and where we can improve. While numbers and statistics tell part of the story, the most valuable part is the human side - your experience. You can see previous copies of our Annual Report, including patient stories, here: <https://fragilityfracture.co.nz/publications/>

Why Your Story Matters

Your personal experience can:

- Help other patients and whānau/families know what to expect.
- Show healthcare teams the real impact of their work.
- Inspire improvements in care.
- Give hope to others facing similar challenges.
- Help policymakers understand why fragility fracture care funding is important.

What We're Looking For

We'd love to hear about your journey, such as:

- How you felt when you first broke your bone.
- What the care you received meant to you.
- How the Fracture Liaison Service helped (or could have helped more).
- What your recovery has been like.
- Any advice you'd give to others in similar situations.
- How this experience has changed your life.

Sharing Your Story

You can share your story in whatever way feels comfortable:

- A written account (any length - from a few sentences to several paragraphs).
- A phone conversation that we can write up for you.
- A video message (if you're comfortable being filmed).

Share Your Fragility Fracture Story



Your Privacy

- You choose how much detail to share.
- You can use your full name or first name only.
- We'll ask for your approval before including anything in our report.
- You can change your mind at any time.

How Your Story Will Be Used

Your story may be included in:

- Our annual report (shared publicly with healthcare professionals and policymakers).
- Educational materials for other patients.
- Presentations to help improve fracture care services.

Get Involved

If you'd like to share your story or have questions, please contact:

Amanda Welch
National Fragility Fracture Registry Manager
Phone: 022 057 1991
Email: amanda.welch@osteoporosis.org.nz

Thank You

Whether or not you choose to share your story, thank you for being part of improving fragility fracture care in New Zealand. Your experience as a patient helps us understand what matters most. We look forward to hearing from you.

If you know other people who have had fragility fractures and might want to share their experiences, please feel free to pass this letter along to them.