

## *Orthopaedic Connection*

### **Avoid Hip Fractures. The Numbers Are Scary!**

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*Transforming patient information into patient understanding.*

#### **The Scary Statistics**

- 25% of people who fracture their hip end up in a nursing facility for at least a year.
- 20% of patients who have a hip fracture die in less than a year.
- 75% of hip fractures are in women.
- 90% of hip fractures come from falls.

This being the case, if falls were largely prevented, up to 90% of hip fractures could be avoided. Whatever the cause, there are eight things you and your family can do to lower the risk of falling.

#### **Eight Ways**

1. Start exercise.

Exercise not only can improve overall strength, it improves balance. Poor balance is a major cause of falls. Next week I will tell you what exercise I want you to do.

2. Take Your Vitamin D.

Both Vitamin D and Calcium help build bone mass and prevent bone loss. Stronger, healthier, denser bones are good for balance and less likely to break. Calcium – at least 1200mg a day. Vitamin D – 2000iu per day.

3. Don't smoke. Don't Drink.

Both habits can cause loss of bone density. Well, O.K. one drink per day, but that's it. And don't smoke.

4. Check your meds.

They can make you weak, wobbly and dizzy and add to fall risk. Most of my older patients are on a huge number of drugs. Go see your doctor with one of your children to see if some can be eliminated or doses reduced.

5. Clear the Deck.

My patients fall half the time because they trip over or bump into things. Have people in your family get rid of or put away anything you can trip over or bump into. Don't wait. You have to do it or a hip fracture awaits. I can fix a hip fracture for you, but go back and read the statistics.

6. Shoes.

Generally athletic shoes with laces are the best. But the soles should not be too thick and the soles should not be rounded.

7. Eyes.

You probably can't see as well as you once did. You can't avoid things if you can't see. Have your eyes checked once a year.

8. Lights.

A very well lighted home can protect you from a hip fracture. Make some changes.

I would like to continue this next week so be sure to come back for part Two.

**Office Website and Gratiot County Herald Archive**

Attention! If my loyal readers want to be as smart as a Treefull of Owls they will fly to [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) for tons of musculoskeletal information everyone can use.

You get 1) The Office Website and Library 2) Your Orthopaedic Connection 3) GCH Archive of every article I have written for you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush