

## *Orthopaedic Connection*

### **First Fracture – Warning Sign**

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#### ***Transforming patient information into patient understanding.***

A fracture or break (same thing) can be more than just bad luck and a broken bone. It may be a warning sign, a waving red flag that you have osteoporosis.

Osteoporosis is the musculoskeletal condition that weakens the bone by making bone more porous and less dense.

The silent thief as it is called by some.

Suppose you could remove bricks here and there from a brick wall. Randomly, slowly. In time what do you think would happen? Right. Wall comes down. Now you understand osteoporosis.

Low bone density = high risk for fracture and re-fracture.

#### **Classic Example**

Menopausal or postmenopausal white woman falls and breaks her wrist.

She has a very high probability of having osteoporosis.

The fracture is treated and heals. She is a ticking time bomb for an even more serious fracture.

But she did not get checked for osteoporosis. Bone Mineral Density test was not done. So she was never treated for osteoporosis. The warning sign was ignored. Very sad because next time she will have a hip or spine fracture.

The risk of an even more serious fracture doubles after a first fracture if you have osteoporosis.

Yikes! Consider This.

- One out of four people who have an osteoporotic hip fracture will need long term nursing care.
- One out of four people who have an osteoporotic hip fracture will die within one year.
- Half of those with an osteoporotic hip fracture will never walk again without assistance.

#### **Who Should Be Concerned?**

- Aging white women
- Hispanic and black women over 50
- Men. Less than women, but one in eight men will have an osteoporotic fracture.

A fracture in adulthood does not always mean a person has osteoporosis. However, every adult who suffers a fracture should discuss the need for bone density testing with their doctor.

If your bone density is low, you may need additional medical tests. Medical conditions other than osteoporosis can cause low bone density.

#### **What Can Be Done?**

- BONE DENSITY TEST BONE DENSITY TEST BONE DENSITY TEST!
- Calcium 1500mg per day
- Vitamin D 2000i.u. per day if you are over 60 or a post menopausal woman
- Weight bearing exercise like walking
- Prevent falls

*My patients put their trust in me and what I do improves the quality of their lives.*

**Gratiot County Herald Archive and Office Website**

I hope what you have read has raised questions. No problem.

Please log onto [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). It has a huge amount of musculoskeletal information in the Website and the Archive of all previous GCH articles.

Check it out and be amazed what you can learn.

Good health, good life, all the best to you. Be well.

Dr. Haverbush