

Orthopaedic Connection

Little Known Facts. Amaze Your Friends

By Thomas J. Haverbush, M.D.
Orthopaedic Surgeon

Transforming patient information into patient understanding.

ER Visits For Pelvic, Hip Injury

X-rays taken in the Emergency department are often inconclusive for detecting hip and pelvic fractures. Even more important than the basic x-rays is a good history and physical exam. In a busy Emergency Department sometimes these important steps are not very thorough.

Depending on the situation, even if plain x-rays appear to be negative admission at least overnight and further imaging studies such as CT can enhance proper diagnosis. When further studies are done a fracture hip or pelvic fracture is frequently identified. Hip fractures almost always require surgical treatment.

Beer Can Increase Bone Density

This is good information you can really use! A study has suggested that the high silicon content in beer is a factor that can increase bone mineral density. Beer made from malted barley and hops has lots more silicon than beer made from wheat or corn.

Nevertheless, as in all things, moderate beer (alcohol) intake is recommended. And the officer won't care that you were trying to strengthen your bones if you are buzzed and get pulled over!

Although silicon contributes to bone health, it is way behind the essential Calcium and Vitamin D.

Women And Arthritis

Arthritis is the leading chronic condition affecting women. In fact women account for nearly 60% of persons with arthritis. Hormonal differences may account for this in part. Estrogen levels are higher in arthritic cartilage suggesting this may be a factor in the development of arthritis in women.

Physically women have less knee articular cartilage than men making their knees more prone to damage and development of arthritis. Women's muscles and ligaments around the joints are generally smaller and not as strong as men leaving the joints more vulnerable to injury.

The Amazing, Vulnerable Foot

The structure of the foot and ankle is hugely complex. How it works at all is a wonder.

- 28 bones in the foot
- ¼ the number of bones in the body (both feet)
- More than 30 joints
- Ligaments, tendons, even muscles galore

Feet of course bear our entire weight. If in good shape, they are a platform that enables standing comfortably even indefinitely. We can walk, run, and jump. And how do we treat them? People wear flip-flops for shoes!! Groan.

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

Office Website and Gratiot County Herald Archive

Attention! If my loyal readers want to be as smart as a tree full of owls they will fly to www.orthopodsurgeon.com for tons of musculoskeletal information everyone can use.

You get the Office Website and Library, Your Orthopaedic Connection and GCH archive of every article I have written for you.

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

Dr. Haverbush