

## *Orthopaedic Connection*

# **Many Ways To Avoid Hip Fractures!**

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

I have written in the past about fall prevention. I have also told you about the different kind of hip fractures and how I treat them.

Maybe this topic should have gone first, because it is more basic and extremely important.

### **Scary Statistics**

- 75% of hip fractures are in women
- 25% of patients who break their hip end up in a nursing home, long term
- 20 -25% of hip fracture patients die within a year
- The longer you live the odds of breaking a hip increase greatly

Whatever the cause of the hip fracture, and there are many, there are eight ways to prevent it.

1. Exercise is the key
  - Besides strengthening your muscles and being good for your heart, exercise will help you maintain your balance.
  - Practice standing on one leg at a time holding onto something solid for support
  - Stand with feet close together for 10 seconds, repeat 5 times
  - Stand in heel to toe position for 10 seconds, now reverse it
  - Practice these exercises also with your eyes closed, holding on.
  - Walk backwards
  - Walk sideways first one way, then the other
2. Take Your Vitamins
  - Both Vitamin D and Calcium help build bones and prevent bone loss. Strong bones are good for balance and are less likely to break if you fall.
  - Vitamin D  
I recommend 2000 iu per day in anyone over 60.
  - Calcium  
I encourage 1,200 mg per day in patients over 50.
3. Moderate food intake
  - Avoid excessive alcohol
  - Don't smoke

4. Medication Inventory

Many patients I see are on a ton of meds. Some make you feel dizzy and weak risking falls. I see it all the time. Ideally, one physician should be prescribing and knowing about all your meds. Can any be stopped, if causing side effects? Ask your

doctor, soon!

5. Avoid Clutter

Have your family check out where you live to change or remove possible obstacles. It's easy to do and so helpful.

6. Shoes

For my older patients I prefer athletic shoes with laces or velcro straps. No slip ons.

7. Have Your Eyes Checked

8. Adequate Light in Each Room and night lights in hallways.

**What Else?**

- There are balance assessment and treatment programs available.
- Have your blood pressure checked after lying down 5 minutes, then standing.
- Again, I stress – determine with your doctor if any meds you are taking can be reduced or stopped.
- Have a bone density test done and treat osteoporosis.
- Reduce caffeine intake.

*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 sincerely appreciate all of you loyal readers and patients present and future and welcome all newcomers!

Besides what you read today there is a huge treasure trove of Orthopaedic and musculoskeletal information at [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). It contains the Website Library, Your Orthopaedic Connection and complete archive of every GCH article I have written.

I specialize in you. Be well.

Dr. Haverbush