

# Myth Busters

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Are you wondering about this curious title? Good! Then I have your attention. It is a change from what I usually write. Someone suggested to me recently that I write an article to combat misinformation and clarify certain topics about which there may be confusion. Well, here goes.

\* **M.B.**

**"Dr. Haverbush doesn't write these articles himself."**

Grr. This got me upset when I heard this. I thought I should make this the first Myth Buster, because I think it is very important.

Every word you have read here and every word on my website articles is written by me alone. I must have known all those English classes in college would be helpful someday. They have been.

I take the time to write. I am very busy of course, but I want people to learn and I am using my considerable experience in Orthopaedic Surgery and my writing skills to do it. What you read comes from my knowledge and experience. It doesn't come from a book. There, I feel better!

• **M.B.**

**You need Magnesium as much as Calcium in your diet for strong bones.**

Save your money. It is not clear that magnesium contributes to bone strength in any significant way. Along with other trace elements, magnesium is incorporated into bone in very small amounts. Magnesium is well absorbed in the intestines and is readily available in a healthy diet. Except for people who have GI disorders that impair absorption and those who take high doses of certain diuretics, magnesium deficiency is rarely seen.

• **M.B.**

**A fracture is worse than a break.**

I love this one as an Orthopaedic Surgeon. Often when I am explaining an injury to a patient and concerned group of relatives someone says "thanks goodness it is only a break and not a fracture". Of course they are the same thing and we use the terms

interchangeably. We'll never be able to stamp it out. Probably a fracture sounds more medical than "a break", so a fracture is thought to be more serious by patients.

It is certainly true there are an endless number of ways bones are fractured and some are much more serious and hard to heal than others.

- **M.B.**

**Patients can get all the medical information they need from the Internet.**

It is certainly true you can get a ton of information online. How often do you know the person who wrote it or how accurate it is? 99% of the time you don't know.

In the office or hospital as a surgeon I am taking care of one patient at a time. As a writer who is a doctor (surgeon) I have the opportunity to educate and help a much larger group of people every week or in the case of my website, 24/7.

You can be informed and misinformed almost equally online. Knowing something about who is giving you the information is invaluable.

There will follow other Myth Buster weeks as time permits. I think it has some value.

All Orthopaedic Surgery problems can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 for information or to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are April 3 and April 17, 2009.

Please don't forget there is a wealth of accurate information about all the Orthopaedic conditions I treat on the office teaching website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). Please log on and check it out.

We are happy to answer questions from readers. You can e-mail me at [orthopodsurgeon@hotmail.com](mailto:orthopodsurgeon@hotmail.com) or write to me at 315 Warwick Dr., Alma, Michigan 48801.

Our goal is simple - To help people return to more pain free functional lives.

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

Be well.

Dr. Haverbush