

Lakeview Community Wellness Center 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 form 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

In The Know, The Good News!

I can't repeat here all the information I have already given you re Calcium and Fall Prevention. I hope you are beginning to see how the information I present is all connected.

In July 2009 I wrote an article about "Calcium for Bone Health" and in November 2009 there were two articles about "Fall Prevention".

The information is not lost! In the very near future every one of the 108 articles I have written for you will be easily obtained from an archive I am placing on my website www.orthopodsurgeon.com.

All of this does fit together and you will be able to go back and see previous information that connects to a current topic like this one.

I am very excited about being able to do this for you.

Thanks for your support at Lakeview Community Wellness Center. I am happy to see all Orthopaedic Surgery problems at LCWC or at the office 315 Warwick Dr., Alma, Michigan. Please call 989-463-6092 to schedule and appointment at either place.

Future LCWC Clinic dates are March 5 and March 19, 2010.

Log on to www.orthopodsurgeon.com, which can take you to Your Orthopaedic Connection for answers to all your questions.

Our goal is simple - To help people return to more pain free, functional lives. I specialize in you.

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

Be well.

Dr. Haverbush