

# Argus Orthopaedic Zone

## Gee, I Didn't Know That

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

*Transforming patient information into patient understanding.*

### **Vitamin D Helps Prevents Falls In The Elderly**

A study in a British medical journal recently reported findings about elderly patients and falls. (Which I sometimes think in my practice is an epidemic.)

The study in the United Kingdom found that taking a high dose of Vitamin D reduced the incidence of falling by 19% in patients 65 and older.

Patients in the study took 1,000 i.u. (international units) or more daily.

Hmm – Is there a message out there? Is anybody paying attention? Many patients in my practice take 2000 i.u. per day.

### **Fracture Risk Doubles With Opioid Use**

Opioid use for non cancer pain was studied as it pertains to risk of fractures.

Common opioid medications are Vicodin, Norco, Percocet, Oxycontin and Codeine.

There was a definite increase in fractures in patients taking opioids and the risk increased as the amount of medication increased.

In the study 34% of the fractures were of the pelvis and hip. The rest were in the wrist, shoulder, ankle and other areas.

**Key Point.** Doctors, patients and families of patients should be aware of this. Each time a patient is handed a Vicodin (or similar Rx) there is a definite increased risk the person will wipe out and sustain a fracture. Yikes! How about Tylenol or Motrin instead?

### **Right Leg In A Cast Or Walking Brace Affects Driver's Braking Time**

Patients in casts and lower leg braces (often called Aircast Walking Brace) ask me almost daily "Can I drive?" The family member with the patient usually frowns at the question.

Braking response time is significantly increased for drivers with a cast or brace on the right leg.

This was pointed out in a recently published study.

A control group of people wearing normal footwear was compared with those wearing a right short leg cast or what is called a controlled ankle motion brace.

If you do it, you are putting yourself and others at risk.

*Also, police officers and personal injury attorneys know this too!*

### **Celebrex And Low Dose Aspirin**

Celebrex interferes with the ability of low dose aspirin to inhibit platelet aggregation. In other words (plain English!) you lose the effect of aspirin to protect your heart from heart attack. So, don't take aspirin and Celebrex together.

Take aspirin first and then Celebrex at least ½ hour later and you will be fine.

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Dr. Haverbush