

Treating Your Osteoporotic Fracture

Welcome to the Orthopedic Clinic. Our specialty is the health of your bones and joints. Since you have had fracture that may be related to osteoporosis, we would like to take some time to discuss osteoporosis with you and how it relates to your life. By treating your osteoporosis now you can significantly reduce your risk of further fracture. We are committed to healing your fracture and having you return to your lifestyle and favorite activities. We are also committed to preventing any further fractures that can impact your life significantly. We want you to be able to resume an active and healthy lifestyle.

What is Osteoporosis?

- Osteoporosis is a gradual weakening of bone over time.
- As we age, we lose the calcium stores in our bone that give our bones strength
- This is a normal function of aging; however, some people lose enough bone to put them at risk for fracture from a relatively mild injury. This is referred to as a *fragility fracture* or *osteoporotic fracture*.
- Osteoporosis affects women primarily; however, many men have it as well.
- The first sign of osteoporosis often is a fracture.

How big a problem are osteoporotic fractures?

- Osteoporotic fractures are a major public health problem in the United States.
- Annual costs of osteoporotic fractures in the US are estimated to be *\$17 billion*.
- The lifetime risk of fracture for a woman 50 years old is over 40% and a man 50 years old is over 20%.
- The estimated cost of a hip fracture hospitalization is \$40,000
- There are 350,000 hip fractures in the US annually.

How do osteoporotic fractures affect you?

- Osteoporotic fractures can cause limitation of your activity level, sometimes permanently. Hip fractures can cause severe limitations
- Osteoporotic fractures place you at a higher risk for further fracture
- The strongest risk factor for further fracture is a history of an initial osteoporotic fracture.
- Some numbers to consider:
 - People with an initial osteoporotic fracture are three times more likely to have a subsequent hip fracture.
 - Patients who have hip fractures have a 25% mortality rate in the first year.
 - 60% of patients with hip fractures do not regain their previous level of function.
 - 25% of patients with hip fractures require long-term nursing care.

What can you do to prevent further osteoporotic fractures?

- Get adequate calcium and vitamin D.
- Make sure you have no other reason for fractures – get lab tests.
- Learn your bone density measurement.
- Talk with your Primary Care Provider to see if you should take medicine for osteoporosis.

How can we help you prevent another osteoporotic fracture

- We will order special lab tests that look at your bone health.
- We will order a bone density test for you if you have not had one in the last year and if you are not taking Fosamax.
- We will give you a handout on the amount of calcium and vitamin D that you need to take.

Please let us know if you have any questions. Your bone health is our primary concern at the Orthopedic Clinic.