

How to Reduce Your Risk of Bone Fractures

* Bone Frailty Fracture Impact Quality of Life

Hip fracture:

- 6-months after, only 15% can walk unaided
- Less than 20% recover pre-fracture competence levels
- About 30% require long term nursing home care
- Depending on age, 20-30% with hip Fx are dead within 1 year

* Bone Frailty Fractures Happen a LOT!

About 3.5 million Americans will experience fractures due to bone frailty this year, over 1 million will be hip fractures

More than Heart attack, stroke and breast cancer combined.

* They Can Be Prevented!

Surgeon General: Half can be prevented What is the biggest reason why we aren't preventing? Sx are silent!

Drugs are not the complete answer, not by a long shot.

Early detection and intervention by patients and doctors is key

* Osteoporosis Overview

- Osteoblast/osteoclast balance
- Quality of bone
- Gender
- Poenia vs Porosis
- Role of drugs
- Role of nutrition
- Role of exercise

* Managing "Fall Risk" is Critical!

Effects of aging and fall risk:

- Posture deterioration contributes to loss of balance
- Decreased reaction time increases fall risk
- Decreased muscle mass and strength limits ability to prevent or react to falls
- Decreased eyesight and environmental awareness
- Older people are on more balance and awareness-compromising medications.

* American Medical Association/National Osteoporosis Foundation recommendations:

Education: Nutrition, Risk management, Physical Therapy, Lifestyle, manage secondary causes

Exercise: 4 kinds

- Cardiovascular
- Weight-bearing
- Balance and Posture improvement
- Those you should NOT be doing

* Recommendations:

1. Be Informed
2. Stay active
3. Eat healthy foods
4. Know your risk factors:
 - a. DXA scan for bone density
 - b. Posture/Balance evaluation
 - c. Environmental risk factor analysis
5. Take personal responsibility for your condition
 - a. Don't rely exclusively on medications for bone density
 - b. Get the right help