

RECURRENCE OF HIP FRACTURES

Fact: The occurrence of an initial hip fracture increases the risk of second hip fracture, more so in men than in women.

First hip fractures occur 3.6 per 1000 women

First hip fractures occur in men 1.6 per 1000

Recurring hip fractures 22 per 1000 in women. In women the risk is six times greater that women will experience a second hip fracture.

Recurring hip fractures in men 15 per 1000. In men it is nine times greater that men will experience a second hip fracture.

We must prevent not only first hip fractures, but certainly secondary hip fractures. One way to prevent initial hip fractures is to keep the elderly ambulatory and strong, ingesting the correct food and nutrition to help in rebuilding bones and muscles if loss has been measured and found to be lower than normal. Keep the elderly walking and mobile but safe is the goal. Merry Walker Ambulation Device will assist in this goal.

This information supplied by Hosam Kamel, MD.