

## Did You Know That...

- ☐ The average person can expect to sustain two fractures over the course of their lifetime.
- ☐ Wrist fractures are the most commonly broken bone in patients under 65.
- ☐ Osteoporosis is a risk factor for fractures.
- ☐ Ten million Americans already have osteoporosis, and more than triple that number are at high risk.
- ☐ 80% of those who have osteoporosis are women.
- ☐ Half of all women, and 25% of all men, older than 50 will break a bone because of osteoporosis.
- ☐ Fractures from osteoporosis are most common in your wrist, spine, and hip.
- ☐ Each year in the US, 300,000 people sustain a wrist fracture, usually as the result of falling.
- ☐ Calcium is a critical nutrient because it provides the material for building new bone.
- ☐ Exercise makes your bones stronger.



## **Preventing Wrist Fractures**

Typically a break in the larger of the two bones of the forearm (the radius) close to the wrist joint, a wrist fracture is the most common break in the arm. Although wrist fractures can be caused by many traumatic injuries (car accidents, for example), most broken wrists occur as the result of a fall. During a fall people often brace themselves by extending their arm; the impact of the fall forces the hand and wrist backward.

### **Am I at risk of a fracture?**

A recent study makes a significant link between wrist fracture and the risk of future fracture in postmenopausal women.\* It appears that breaking your wrist may be an indication that you are twice as likely to break another bone in your body,\* and three times more likely to break your wrist again.\*

### **How can improving my nutrition and exercise help me reduce my risk of a fracture?**

A diet that contains adequate amounts of calcium and Vitamin D has been shown to help maintain bone density as we age. Weight-bearing exercises, like walking, dancing and strength training, help to minimize bone loss.

### **What other lifestyle changes might I have to make?**

Smoking and excessive alcohol consumption have been shown to accelerate the process of bone weakening. Make the best choices you can to maintain your health.

### **What can I do to reduce my risk of a fall?**

Believe it or not most falls occur in the home. Take time to review each room in your home and evaluate it for safety. Look for and address problems like inadequate lighting, clutter on the floor (children's and pet's toys), loose rugs or flooring, slippery bathroom and kitchen surfaces, dangling electrical cords, unsteady step stools and stairs without rails.

Ask your doctor to help you measure your risk by talking about these important factors: age, gender, heredity, nutrition, personal habits (like smoking), physical and behavioral health, and medication.

\*Barrett-Connor E, Sajjan S, Siris R, Miller P, et al. Wrist fracture as a predictor of future fractures in younger versus older postmenopausal women: results from the National Osteoporosis Risk Assessment (NORA). Osteoporosis International. 2008; 19(5): 607-613.

The information presented is for educational purposes only. Stryker is not dispensing medical advice. Please consult with your own doctor before implementing any of the above suggestions or beginning any new exercise, diet or treatment program. Only your doctor can make the medical judgment which products and treatments are right for your own individual condition.

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