

# FAST FRACTURE FACTS

- Osteoporosis is Latin for "porous bones"
- Thinning bones related to osteoporosis is the cause of more than 50% of the broken bones in men over 50 years of age and women over 40 years of age
- After you have a fracture of the wrist, spine, proximal humerus or hip the likelihood that you will have another broken bone is 5 times greater than someone who has never had a broken bone or fracture
- The first fall can create a cycle that leads to other falls unless the cycle is broken
- 86% of admissions to Ontario hospitals for people 65 and older are the result of falls
- Hip fractures are the most common injury from falls in the elderly
- Osteoporosis is the presumed cause of 24,000 hip fractures in Canada each year
- Hip fractures are the most personally devastating break
- More than 1 in 5 people who sustain a hip fracture will die in the first year after the hip fracture
- 25% of those who survive a hip fracture will require some long-term nursing care and lose mobility and independence
- The death rate for men after hip fracture is higher than for women
- In Ontario alone the costs associated with hip fracture in 2000 were \$650 million. This cost is expected to rise to \$2.4 billion by 2041

Our thanks to Osteoporosis.ca for this information. Please visit [www.osteoporosis.ca](http://www.osteoporosis.ca) for more information about osteoporosis.