

**Dr Sanjay Gupta:** Anyone can suffer a hip fracture at any age, but people 65 and older are at greatest risk. And get this, because women lose bone density faster than men, they're two to three times more likely to fracture a hip.

Registered nurse Linda Ciampa has more on this serious injury and what you can do to reduce your risk.

**Linda Ciampa:** 76-year-old Rita Erichsen is back on her feet and well into recovery after fracturing her hip 18 months ago.

**Rita:** I was trying to get something from my husband which he couldn't find in the closet<sup>(1)</sup>. So I turned in a hurry which I shouldn't have, caught the walker<sup>(2)</sup> on the rug<sup>(3)</sup> that was there and ... Whoops! Down I went.

**Linda:** In older adults, hip fractures are usually the result of falling and weak bone or osteoporosis. A study shows that 30% of hip fracture patients die within a year due to complications such as heart problems or infections.

**Dr Paul Appleton:** Hip fractures are very common in the US. Currently, we see about 300,000 a year although they expect to have a dramatic increase in the numbers in the next 10 to 20 years given the aging population.

**Linda:** Osteoporosis is a major risk factor for hip fractures. You can reduce the risk for osteoporosis and therefore hip fractures by consuming a diet rich in calcium and vitamin D, keeping active with weight-bearing<sup>(4)</sup> exercise such as walking and strength training, not smoking and limiting alcohol and having a bone density test when recommended.

**Dr Appleton:** This is an opportunity to get a baseline of what the patient's bone mineral density is, and then we can decide if they need any supplemental treatment or we can do it again in a few years and repeat it just to make sure that their bone mineral density is not decreasing.

**Linda:** The journey<sup>(5)</sup> back to health has been a long one for Rita because of other medical issues. Still, she's thankful her hip surgery was successful and that her husband of 55 years has been at her side every step of the way.

**Rita:** God bless him, he's been wonderful.

**Linda:** I'm Linda Ciampa.

**Gupta:** Now, recovery from hip fractures can vary. But, in general, the better health you're in before a fracture, the better your chances are for recovery. To learn more about hip fractures, log on to the American Academy of Orthopedic Surgeons' website at <http://www.aaos.org/>  
**CNN.**

### Lexical helpline :

1. **a closet** : a storage place for clothes
2. **a walker** : a walking support for the elderly
3. **a rug** : a small carpet covering the floor
4. **weight-bearing** : the amount of weight a patient puts on the leg on which surgery has been performed
5. **a journey** : a gradual passing from one state to another regarded as more advanced