

Fractures 101



Why is preventing fracture a priority?

1. Bone has many important functions!

- Regulating body systems
- Storing nutrients
- Protecting internal organs
- Producing blood cells
- Supporting movement

2. Fractures can cause long-lasting health problems

- Autonomic dysreflexia
- Depression
- Deep vein thrombosis
- Limit physical mobility
- Pressure injuries
- Infection

Did you know?

Falls are a major cause of fracture

What are the risk factors for fractures after spinal cord injury (SCI)?

Anyone with an SCI can get a fracture. However, your fracture risk is individual and specific to you. It is important for you to know your risk factors for fracture and to work with your healthcare team to change them.

Things You Can Change

- Excessive alcohol intake
- Inactivity or lack of weight-bearing activity
- Low dietary calcium intake
- Low vitamin D level (blood test)
- Low bone mineral density of the hip & knee regions
- Medications: routine use of opioids, benzodiazepines, and anticonvulsants
- Medical conditions: low estrogen or testosterone levels

Things That Are Hard To Change/Can't Change

- Women over age 50
- SCI for 10 years or more
- Paraplegia
- Motor complete SCI
- Family history of fracture (1st degree relative)
- Hip fracture in the last year
- Medical history: hypogonadism, kidney failure, hyperparathyroidism, hypercalciuria, etc.

To Do List

- Always:**
- Eat foods rich in Calcium (See Episode 5)
 - Take a vitamin D supplement (See Episode 5)
 - Reduce your alcohol intake
 - Take your time to safely transfer

What To Do Regularly And After Fall

- After a fall with injury or a decline in your function:**
- Get help from your healthcare provider to participate in
 - Fall prevention education
 - Wheelchair skills upgrading
 - Balance training

- Every year:**
- Ask your healthcare provider to assess your
 - Fracture Risk
 - Fall Risk
 - Bone Mineral Density (See Episode 4)

Know Your Fracture Risk. Act To Change Your Modifiable Risk Factors.

Learn More

SCI Fragments:
www.scifragments.ca



The information contained in these handouts & podcast are not intended to replace medical advice. Readers are advised to discuss their individual circumstances with their doctor & rehab care team.

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www.cravenlab.ca

