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Title

The prevalence of osteoporosis in distal radius fractures, a retrospective study

Purpose

Osteoporosis is a risk factor for distal radius fractures in the elderly. Our study aims to find out the prevalence of osteoporosis in patients with such fractures as it may be a predictor of sustaining further fragility fractures.

Methods

Data was retrospectively collected from 512 patients with distal radius fractures in our center over a 1 year period in 2016. The patients with bone mineral density tests ordered were analyzed for a new diagnosis of osteoporosis.

Results

There were 79 (60.3%) patients with a new diagnosis of osteoporosis out of 131 patients that had bone mineral density tests ordered. This was 25.6% of the cohort of patients with distal radius fractures.

Conclusion

The prevalence of osteoporosis in patients with distal radius fractures that were worked up for osteoporosis was 60.3%. As osteoporosis can increase the risk of fragility fractures such as distal radius fractures, it is important to make this diagnosis so as to treat it and in doing so reduce the risk of further fragility fractures.