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GENDER AND AGE DIFFERENCES FOR FALL RELATED FRACTURES AMONG ELDERLY

Alpantaki K^{1,2*}, Koutserimpas C¹, Loutsidi A¹, Lontiris M¹, Kozyrakis G², Kouroubali A³, Kampanis N² and Kontakis G¹.

¹Orthopaedic Department of the University Hospital of Heraklion Crete, Greece; ²Institute of Applied and Computational Mathematics-FORTH, Crete, Greece; ³Institute of Computer Science-FORTH, Crete, Greece.

Introduction:

Falls in geriatric population are a major cause of injury, resulting in disability and hospitalization. The purpose of this study was to determine the incidence and to quantify gender and age differences of fall related fractures in elderly, treated operatively in a six year period.

Methods:

This is a retrospective cohort study from 2008 to 2013 of patients older than 65 years old, who sustained a fracture and received surgical treatment in the Orthopaedic Department of the University Hospital of Heraklion, Crete, Greece. Age, type of trauma and sex specific incidence was calculated.

Results:

There were 1726 patients meeting inclusion criteria. Of these 1204 (69, 68%) were female and 522 (30, 21%) were male. The mean age was 81, 33 (+/-7, 71) for female and 79,16 (+/-8,79) for male. The majority of the patients, 1157 (66, 96%), suffered a hip fracture. Rates for fracture diagnosis were generally higher among women, particularly for hip fractures which were 2.5 times higher than for men, (324 male or 28% and 833 female or 72%). For all parts of the body, women's injury rates exceeded those of men. Hip fracture rate were higher in patients over 75 (83,31 % of female and 82,41 % of male). Intertrochanteric fracture was the commonest type (35,53%) of hip fracture, followed by subcapital fracture (24,88%). Femoral fractures (4,8 %) were constantly associated with the existence of a prosthesis.

Conclusions:

Hip fractures were the main cause of operative trauma. A higher incidence of fractures is observed in females and in patients over 75. All femoral fractures were related to the presence of a prosthesis which could be considered as an independent risk factor for fracture. Additional research is needed to adapt interventions for different populations and to determine gender differences in the underlying causes of falls related injuries.