

Wrist fracture significantly raises risk of hip fracture

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A new study presented today at the IOF Regionals 4th Asia-Pacific Osteoporosis Meeting in Hong Kong supports widespread evidence that individuals who have suffered a fracture are at significantly increased risk of subsequent hip fractures. In fact, previous studies have shown that half of patients presenting with hip fractures have suffered a prior fracture.

Researchers T.-L. Huang and C.-W. Chen from the China Medical University in Chinese Taipei, studied whether Colles' fracture (fracture of the distal radius in the forearm, i.e. [wrist fracture](#)) increased [hip fracture](#) risk within one year, in an Asian population.

The investigators extracted data for patients with newly diagnosed Colles' fracture from records of both ambulatory and in-patient care during the years 2000–2006 and compared fracture risk in this group to a cohort without Colles' fracture. Both study groups were followed up for one year to measure the incidence of hip fracture using three different calculation models.

The results showed that hip-fracture incidence in the Colles' fracture cohort, was six times higher than that of the comparison cohort (56.0 vs 9.3 per 10,000 person-years). Other findings showed that hip-fracture incidence among the fracture group was highest within one month after the Colles' fracture and that hip-fracture incidence increased with age. Both Colles' fracture and [osteoporosis](#) were significant independent factors that predicted hip fracture. However, one model showed that the

hazard of hip fracture was much greater for patients with Colles' fracture (HR, 6.59; 95% CI, 4.74–9.17) than for patients with osteoporosis (HR, 4.30; 95% CI, 2.95–6.26). The hazard of hip fracture increased further for [patients](#) with osteoporosis who had also experienced Colles' fracture (HR, 7.73; 95% CI, , 4.72–12.7).

More information: Abstract OC2: Colles' fracture as a risk factor for subsequent hip fractures: an Asian population based study (OC2). Osteoporos Int, Vol. 2, Suppl. 4, [DOI: 10.1007/s00198-013-2536-x](https://doi.org/10.1007/s00198-013-2536-x)

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