

Certain factors are linked with an elevated risk of bone fractures

February 18 2021



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A new study published in the *Journal of Bone and Mineral Research* has identified various factors that may indicate whether a person faces a higher likelihood of experiencing a bone fracture over the next two decades.

The study included 30,446 middle-aged women and men who were followed from the early/mid 1990s to 2016. A total of 8,240 participants (27%) had at least one fracture during a median follow-up of 20.7 years.

Older age, female sex, higher body mass index, a previous fracture, a family history of fracture after the age of 50 years, low leisure-time [physical activity](#), heavy work, living alone, smoking, and no or high alcohol consumption were factors independently associated with a greater likelihood of experiencing a fracture. "Our results emphasize the importance of these factors in public health initiatives for fracture prevention," the authors wrote.

More information: *Journal of Bone and Mineral Research* (2021).
[DOI: 10.1002/jbmr.4249](https://doi.org/10.1002/jbmr.4249)

Provided by Wiley

Citation: Certain factors are linked with an elevated risk of bone fractures (2021, February 18) retrieved 16 July 2023 from <https://medicalxpress.com/news/2021-02-factors-linked-elevated-bone-fractures.html>

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