Death risk for hip fracture patients persists up to 5 years: study

By Sara Grosse

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SINGAPORE: A study on hip fracture cases in Singapore has found that the risk of dying persists for as long as five years after the injury.

This is mainly due to increased risk from coronary heart disease, pneumonia and urinary tract infection.

The increase in risk is highest at three months after the fracture.

The study was conducted by the NUS Saw Swee Hock School of Public Health.

Over 1,000 hip fracture cases among Chinese men and women in Singapore were analysed.

Some 37 per cent of patients died, compared to 22 per cent who did not have fractures.

The study population was derived from the Singapore Chinese Health Study, a community-based cohort of men and women aged 45-74 years, enrolled between April 1993 and December 1998.

Researchers started analysing the cohort at the beginning of 2012.
The study also found that patients with hip fractures were generally less educated, more likely to have a history of stroke or diabetes mellitus, drink alcohol daily and have a lower BMI.

Those who died were more likely to be male.

Male patients were also more likely to die from cancer, stroke and pneumonia.