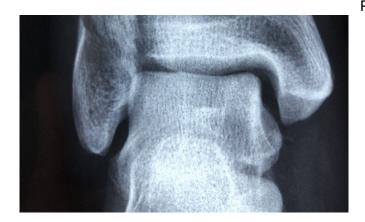


Certain factors are linked with an elevated risk of bone fractures

18 February 2021



Provided by Wiley

Credit: CC0 Public Domain

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



APA citation: Certain factors are linked with an elevated risk of bone fractures (2021, February 18) retrieved 4 June 2021 from https://medicalxpress.com/news/2021-02-factors-linked-elevated-bone-fractures.html

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.