

There are over one hundred thousand osteoporosis related fractures in the Hungarian population that counts ten million people.

Most frequently we observe the fracture of cervical spine, and the hip or certain bones of the extremities.

Annually just in Hungary 14 000 people of which 9500 are women and 3500 are men suffer fracture of the hip due to a simple fall. Undoubtedly this is the most dangerous type of fracture.

Although the orthopedic surgeons operate these with promising success, recovery is extended and takes time. There may be several serious, often life threatening complications such as pulmonary infection, thrombosis or even pulmonary embolism often requiring prolonged hospitalization or readmissions, occasionally may even causing the death of the patient.

It is a striking figure, that one fifth of the patients with hip fracture will not survive the subsequent five year period.

For those who survived, ability to move without assistance may only be achieved after a long period of time and often only with some or major incapacity remaining.

Rehabilitation programs are key to the recovery and in some countries there may be limited access due to various causes. We observed that only less than 30% of these patients receive the appropriate rehabilitation therapy.

The shocking result of all of the above is that out of five patients with hip fracture one dies, one will not regain ability of movement and 3 will be able to maintain only with assistance until the end of their life.

Now let us see some figures!

Hip fracture causes the premature death of 2800 people in Hungary, and increases the number of invalid people annually by eight thousand. Several studies have proved the economical consequences including the financial burden on the families and the society.

By now we also know that if a patient suffered hip fracture with an underlying osteoporosis his or her risk of having another

fracture is multiplied. In the first year it is tenfold, five years later it is still double. Despite all the above, research suggests that less than 15% of these hip fracture patients are referred for osteodensitometry and then for subsequent therapy.

Therefore prevention programs for osteoporosis and the evidence based patient care pathways and guidelines should be considered to be a hallmark in the solutions. And let us admit: there is a lot to be done in Hungary and in other certain European countries in this area.