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Hip fractures in patients with type 2 diabetes

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Background & Aim: Using records of Clinical Informatics History (CIH) to determine the prevalence of Hip Fractures (HF) in patients with Type 2 Diabetes (T2DM), to promote preventive activities in the Primary Care and in Specialist consultation of Orthopaedic Surgery and Traumatology (OST).

Method: Most osteoporotic fractures (OF) occur in the elderly, consuming significant resources, health, social and economic in the process of diagnosis and treatment. The authors conducted a descriptive cross-sectional study of patients diagnosed with Osteoporosis (OP) and T2DM and its complications HF, registered in CIH.

From the list of 16.294 patients with CIH, 914 have been diagnosed with T2DM, 753 of Osteoporosis (OP), we studied the OP-prevalence and the HF-prevalence. We analyzed the causes of OF. Data are collected on a Excel spreadsheet and analyzed using SPSS 11.0 for Windows.

Results:

- Patients with a diagnosis of T2DM: 5,61% of patients-MRI.
- Patients-OP:20% of the population>50 years of age.
- OP: 753 cases (687 female,66 men. female/male ratio:10/1).
- O and HF: 37 cases, female/male ratio: 2/1. Prevalence O-HF: 5%
- T2DM and HF: 142 casos, 75 female, 67 men, female/male ratio: 1/1. -Prevalence T2DM-HF: 18,8%

Conclusions: The conclusions were clear. in type 2 diabetes, regardless of sex, the risk of fractures of the hip joint was four times higher than non-diabetic individuals. what justifies the implementation of a Health Improvement Plan, including Program for Health Education aimed at groups and the development of preventive activities in the Consultation Primary Care and in OST.