

## 6 Common Fractures, Table 6.2, pg. 190

1. Comminuted: >3 bone pieces in brittle bones of old people
2. Compression: crushed from a fall
3. Spiral: excessive twisting in a sport injury
4. Epiphyseal: epiphysis breaks from diaphysis
5. Depressed: bone smashes in
6. Greenstick: incomplete break, hairline

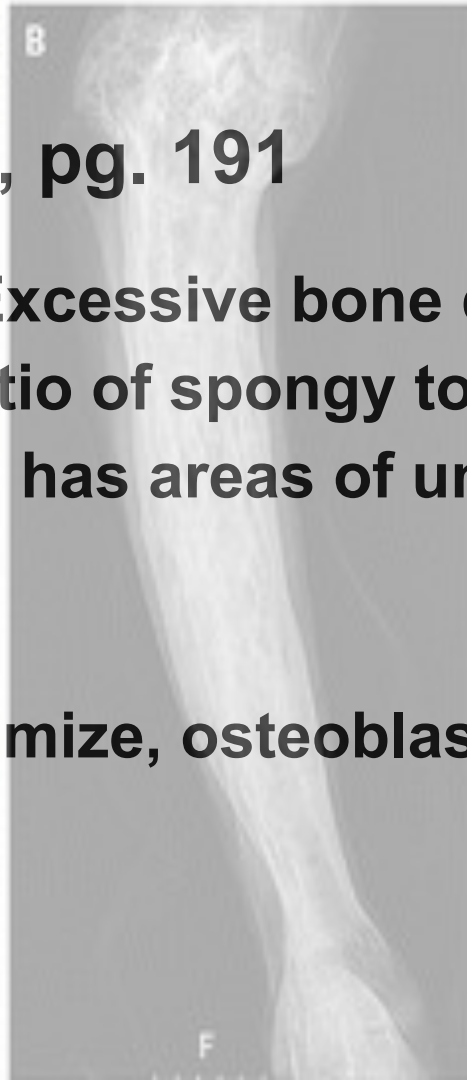
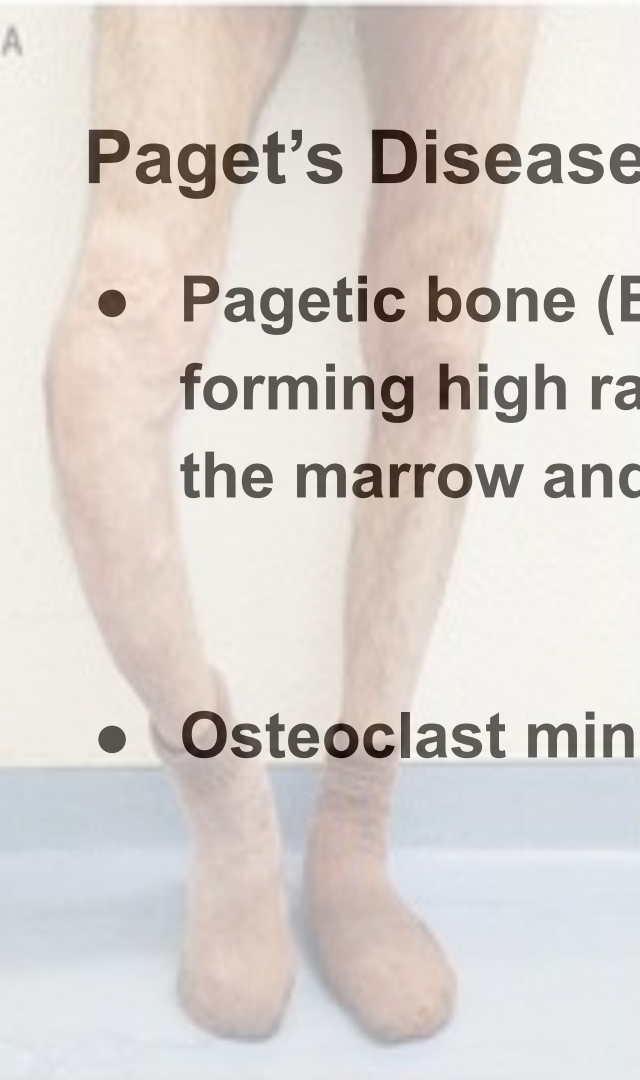


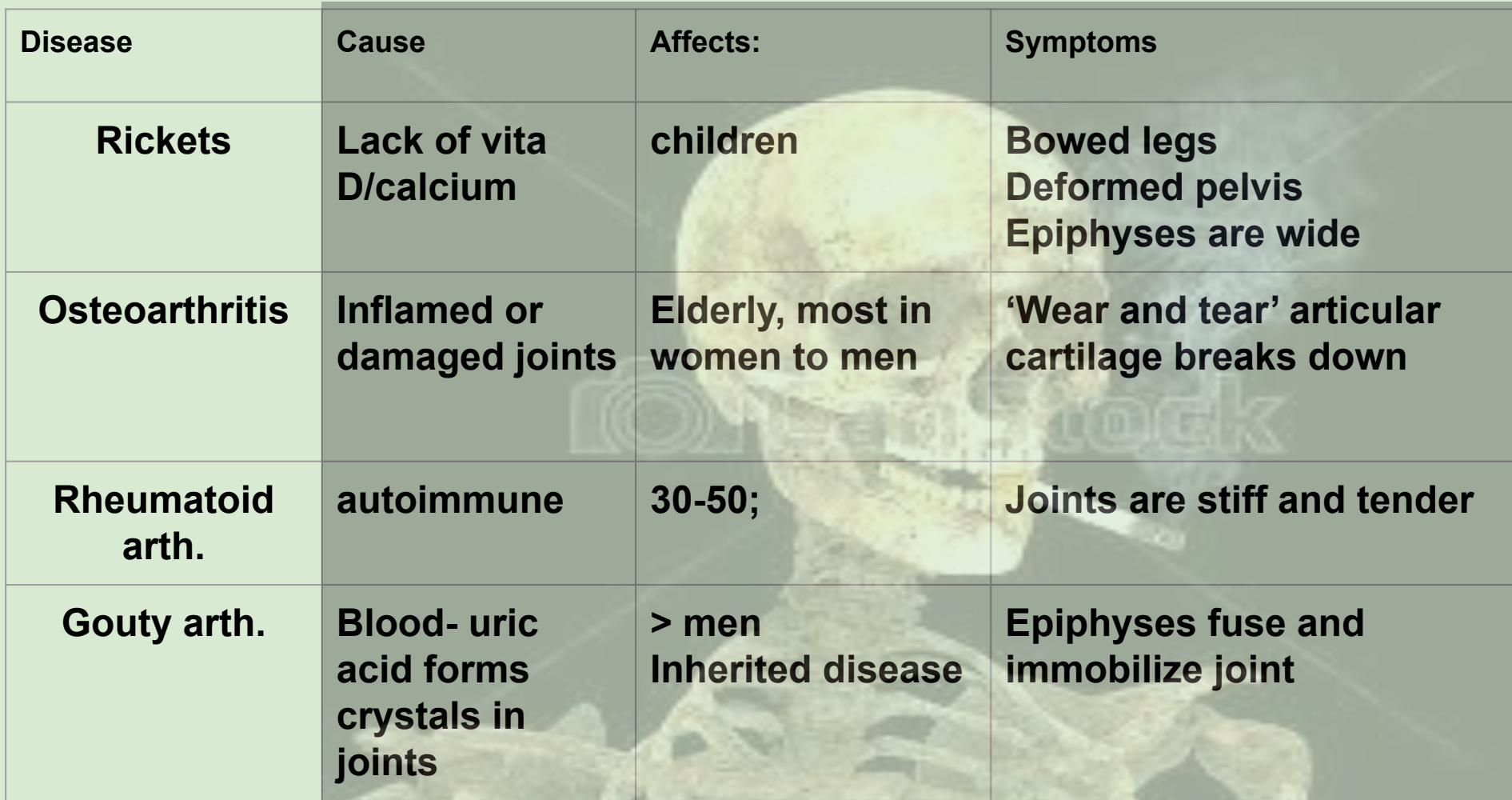
# Osteoporosis, pg. 191

- **Bone resorption not balanced with bone deposit, resulting in porous and light bones**
- Compression fractures in the spine and broken hips are common injuries
- People at risk:
  - **Estrogen maintains healthy bone density → postmenopausal women are at risk**
  - Petite bodied people
  - Inactive &/or immobile people (atrophy)
  - **Diet lacking in calcium and protein**
  - Low PTH
- **Treatment: calcium & vita D supplements**, weight training, prescriptions, drink fluoridated water, stay away from carbonated drinks

## Paget's Disease, pg. 191

- **Pagetetic bone (Excessive bone deposit and resorption, forming high ratio of spongy to compact bone) fills the marrow and has areas of unequal thickness**
- **Osteoclast minimize, osteoblasts continue to work**





<b>Disease</b>	<b>Cause</b>	<b>Affects:</b>	<b>Symptoms</b>
<b>Rickets</b>	<b>Lack of vita D/calcium</b>	<b>children</b>	<b>Bowed legs Deformed pelvis Epiphyses are wide</b>
<b>Osteoarthritis</b>	<b>Inflamed or damaged joints</b>	<b>Elderly, most in women to men</b>	<b>‘Wear and tear’ articular cartilage breaks down</b>
<b>Rheumatoid arth.</b>	<b>autoimmune</b>	<b>30-50;</b>	<b>Joints are stiff and tender</b>
<b>Gouty arth.</b>	<b>Blood- uric acid forms crystals in joints</b>	<b>&gt; men Inherited disease</b>	<b>Epiphyses fuse and immobilize joint</b>