



Bone Fractures:

A fracture is a broken bone that requires medical attention. This break changes the shape of the bone. It can be straight across a bone or along its length. A fracture can split a bone in two or leave it in several pieces.

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Symptoms:

- Difficulty using the limb.
- Noticeable and unusual bump, bend or twist.
- Severe pain.
- Swelling.

Causes:

Most often, breaks happen because the bone runs into a stronger force like getting thrown forward in a car crash. Also, repetitive forces like from running can fracture a bone. Healthcare providers call these types of injuries stress fractures.

Another reason for fractures is osteoporosis, which weakens bones as you age. It's a serious condition, so older adults should speak to a healthcare provider about their risk.



Risk Factors:

- Patients with osteoporosis.
- Old age people.
- Patients with endocrine disorders, or bowel disorders.
- Continuously taking corticosteroids.
- People are not physically active.
- Alcoholics.
- Persons who smoke.

Treatment:

- Treat a broken bone with a cast or splint.
- Surgery intervention.

