



 Search the web 

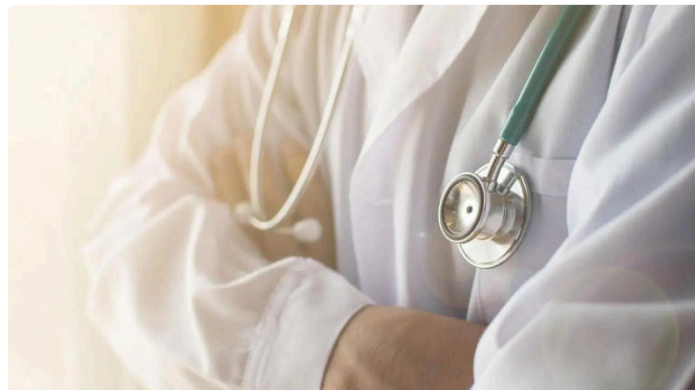
 [Discover](#) [News](#) [Entertainment](#) [Lifestyle](#) [Autos](#) [Personalize](#)


Sponsored

 **Mid-Day** [Follow](#) **127.1K** Followers 

Why experts say post-menopausal women are at greater risk of hip fractures

Story by mid-day online correspondent • 9mo • [3 min read](#)



 [Why experts say post-menopausal women are at greater risk of hip fractures](#)

Women are at a higher risk of hip fractures when compared to men. This increased risk is largely attributed to hormonal shifts and lower bone density in women. The sudden drop in estrogen after menopause leads to bone loss, weakening the structure of bones and making them more prone to breaks and fractures. Hence, women above 50 need to understand their risk and take early precautions to maintain bone health.

- 
- 
- 
- 
- 
- 



Premium 2BHK Next To Metro...

Dynamix A... · Sponsored

Dr Aashish Arbat, orthopedic and joint replacement surgeon at Jehangir Multispeciality Hospitals in Pune has observed that in the last two months, about two to three women aged above 55 have undergone hip replacement surgery. He highlights that approximately 20 per cent of post-menopausal women are at risk of hip fractures.

Shedding light, Dr Arbat explains, "A hip fracture is often caused by a fall or minor trauma in weakened bones. The hip joint consists of the upper part of the femur (thigh bone), and when this breaks, it takes a toll on one's mobility. Hence, one will be unable to do the daily activities with ease. The symptoms include sudden pain in the hip or groin, inability to bear weight on the leg, stiffness, bruising, and visible shortening or rotation of the leg. The complications can be immobility, infections, blood clots, and in some cases, permanent disability or loss of independence. Hip fractures are commonly seen in postmenopausal women due to low estrogen levels, which play a vital role in maintaining bone strength. Estrogen drop leads to weaker bones. Women naturally have lower bone density than men, making their bones more fragile and prone to fractures as they age."

▶ **Related video:** Lifestyle Modifications to Manage Osteoporosis (The Times of India)



Dr Arbat added, "So, the treatment involves surgery, followed by rehabilitation, physiotherapy. Currently, the advanced SuperPATH technique offers a novel, minimally invasive way for total hip replacement. It uses a smaller incision and causes less damage to muscles and tissues, which means faster recovery, less pain, and a shorter hospital stay for patients. This method helps reduce the chances of common post-surgery issues like hip dislocations and infections. Preserving muscles and tendons, the technique allows for more natural joint movement and helps in accurate implant placement, which improves long-term results. Patients often recover quickly, with no major movement restrictions, and can return to normal activities, including walking independently and sitting cross-legged, soon after surgery. Thanks to its safety and effectiveness, this technique has helped us successfully treat more patients while ensuring comfort and high satisfaction."

Launching Vara At Avanya-...
Dynamix A... · Sponsored

However, prevention remains the best approach. "Maintaining a diet rich in calcium and vitamin D, engaging in regular weight-bearing exercises, avoiding smoking and excessive alcohol, and getting bone density tests as one ages are important steps. For postmenopausal women, doctors may also consider prescribing bone-strengthening medications. Also, home safety measures to prevent falls like installing handrails and using proper lighting can go a long way in avoiding such injuries and improving the quality of life," Dr Arbat shares.

Dr Alok Pandey, consultant - knee & hip surgeon, Lilavati Hospital in Mumbai added, "Post-menopausal women tend to have hormonal imbalances and lower levels of estrogen are linked to Osteoporosis. The best treatment for it is prevention. Taking vital measures such as routine intake of calcium postmenopausal women, and regular strength training exercises irrespective of age or gender. Vitamin D3 is a Hormone that helps in calcium transportation from blood to bone whose deficiency can lead to deranged calcium metabolism leading to Osteoporosis. Treatment usually starts with a bone-mineral density score report. If the BMD score is very low, the patient will need injectable drug therapy which is commonly available now like Teriparatide or Denosumab for the management of Osteoporosis. Moderate disease will need continued intake of Calcium with D3 and exercises. Mild disease will respond to physiotherapy only."

Earn extra income from...
thorigen.c... · Sponsored

The patients, he says, will need surgical intervention if the bone is fractured as the majority of hip fractures need. The surgeon will decide the best option available for different types of hip fractures. Wrist, and spine fractures need fixation surgeries depending on the severity of the collapse. Those with Osteoporosis must be proactive regarding their well-being and adhere to the instructions given by the surgeon.

Sponsored Content

PlanetSpark
Best Public Speaking Course for Children (Age 4-14)

SANTACRUZ
Santacruz East Is Seeing a New Kind of Luxury Living