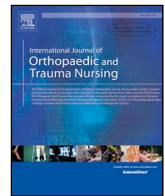




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Letter to the editor

## The epidemiology of hip fractures helps us to improve treatment and care



Dear Editor

We have studied the article “Hip fractures among older people in Iceland between 2008 and 2012” (Skuladottir et al., 2018). The study was conducted on 1050 patients with hip fractures aged 67 and over, using the retrospective cohort method. It investigated the relationship between, and the influence of, variables such as marital status, age, waiting times for surgery, gender differences and mortality. The study showed that, although women constitute the majority of elderly people with hip fracture and a greater proportion of the sample, the mortality rate is higher in men. A higher percentage of men with hip fracture were also reported to be married. The study also investigated the effect of waiting times for surgery, showing that they were greater in men; this is an important issue that has not been studied in detail previously.

Although men's mortality rate is higher and a higher percentage of them are married, the influence of the spouse and family on reducing mortality is important. The study did not investigate the causes of hip fracture, but the large sample size gives us insight into the most important causes of hip fracture, as well as the different outcomes depending on the cause. However, while this study has considered geographic variation in a small area, another paper, “Epidemiology of hip fractures” (Rapp et al., 2018) has considered geographic variation from a worldwide perspective. Studying the influence of geographic variation can give us an insight that helps to predict the causes of hip fracture so that necessary medical care can be provided and actions taken for prevention of hip fractures in different parts of the world. According to a another paper; “Epidemiology of hip fracture: worldwide geographic variation” (Dhanwal et al., 2011), from 2050 a greater proportion of hip fractures will occur in Asian countries than in countries in the northern hemisphere.

It is important, therefore, to conduct more studies in Asia about geographic hip fracture epidemiology and its variations to further the understanding of the geographic causes of increasing hip fracture incidence. Given that Iran is one of these Asian countries, and given the

increase in the average age of the Iranian population, measures should be taken to prevent or reduce the incidence of hip fracture here. Most of these fractures occur in older people and the treatment process in this age group is challenging, with a high mortality rate and a significant impact on quality of life as well as high costs for the healthcare system.

Government policies and budgets should be directed towards prevention. In Iran, research about this type of fracture is limited and most of the studies performed in treatment centers or hospitals are not statistically significant. Studies considering the epidemiology of the disease/injury, the factors associated with this type of fracture and the factors influencing the outcome for the patient are also limited. Such information could help us to prevent fractures, as well as to care for those who sustain such fractures. The high prevalence of illness and mental disorders makes it possible for us to suggest that a psychologist or psychiatrist attend a treatment team for this type of fracture.

## Appendix A. Supplementary data

Supplementary data to this article can be found online at <https://doi.org/10.1016/j.ijotn.2018.12.001>.

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