

MCLB ALBANY SAFETYGRAM

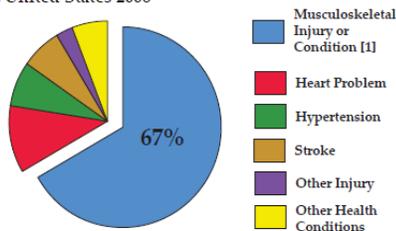
Musculoskeletal Injuries

According to the American Academy of Orthopaedic Surgeons, each year, approximately 1.5 million Americans suffer fractures because of weak bones, leading to temporary or permanent disability, and even death. As we age, our bones are affected by genetics, nutrition, exercise, and hormonal loss. We cannot change our genes but we can control our nutrition and activity level, and if necessary, take osteoporosis medications. We are never too old or too young to improve our bone health.

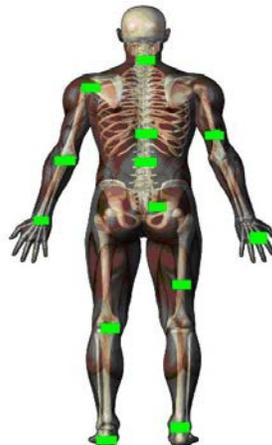
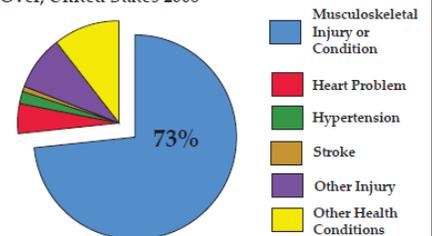
Tips for Healthy Bones

- Ask your doctor for a bone density test.
- Ask your doctor if you need a bone metabolism test.
- Conduct strength-building and weight-bearing activities. (Children at least an hour and adults 30 minutes daily)
- Maintain a healthy weight. Being underweight raises the risk of bone loss.
- Get enough Calcium and Vitamin D.
- Do not smoke. Smoking can reduce bone mass.
- Limit alcohol use. Heavy alcohol use reduces bone mass and increases your risk for broken bones.
- Reduce your risk of falling. There are many changes you can make in your home to help prevent a fall.
- Consider bone-boosting medications. In addition to Calcium and Vitamin D there are many supplements that slow bone loss and increase bone strength. Talk to your doctor about these methods for protecting your bones.

Graph 6.4.3: Proportion of **Bed Days** Resulting from Selected Health Conditions for Persons Aged 18 and Over, United States 2008



Graph 6.4.4: Proportion of **Lost Work Days** Resulting from Selected Health Conditions for Persons Aged 18 and Over, United States 2008



Common Signs of Musculoskeletal Injury

- Pain
- Swelling
- Deformity
- Discoloration of skin (bruising)
- Inability to use affected part normally
- Loss of sensation affected part
- Bones fragments protruding from wound

Although the incidence of total unintentional injuries is difficult to estimate, numerous databases and reports have shown that a consistent 60% to 67% of injuries that occur annually in the United States are to the musculoskeletal system. More information can be found at

http://www.boneandjointburden.org/pdfs/BMUS_chpt6_injuries.pdf

Recommended Daily Allowance in Milligrams (mg)

Life Stage Group	Recommended Daily Calcium Intake
Women and men 9 to 18 years	1,300 mg
Women and men 19 to 50 years	1,000 mg
Women 51 to 70 years	1,200 mg
Men 51 to 70 years	1,000 mg
Women and men > 70 years	1,200 mg
Pregnant or nursing women 14 to 18 years	1,300 mg
Pregnant or nursing women 19 to 50 years	1,000 mg

Musculoskeletal pain is pain that affects the muscles, ligaments and tendons, and bones.

- Fracture - a break or disruption in bone.
- Dislocation - separation of bone from the joint.
- Sprain - partial or complete tearing of ligaments and tissues at the joint.
- Strain - an extreme stretching or tearing of muscle and/or tendon.

Good Sources of Calcium:

- Milk
- Cheeses
- Almonds
- Kale and broccoli
- Chinese cabbage (bok choy)
- Sardines and Salmon
- Breads, pastas and grains



Risk Management 639-5249
Prepared By: Johnny Little

May 13

