



Fractures and learning disability



There is new research about people with a learning disability and fracture



A fracture is when you break a bone



The research on fractures was recently published in an important medical journal called eClinical Medicine



A medical journal is a type of book where doctors and researchers can share new research and ideas about health



The researchers are from the University of Oxford and Oxford Health NHS Foundation Trust



The researchers looked at doctors' and hospital records of fractures between 1998 and 2017



They looked at how many people had a fracture (broke a bone)



They looked at this for 43,000 people with a learning disability and 215,000 people without a learning disability



It is the biggest research study of its kind



What the research found

The study showed that people with a learning disability tend to break their bones more often than people without a learning disability



The researchers found that in particular, people with a learning disability broke their hip bone more often than people without a learning disability

It is rare for people to break their hip

What are the reasons for the broken bones in people with a learning disability?



People with a learning disability tend to have weaker bones than people without a learning disability



People with a learning disability also tend to fall more often than people without a learning disability



What can be done to make sure less people with a learning disability break their bones?



Include physical exercise such as walking in daily activities



Include supported physical exercise in daily activities for those who are unable to walk



Take vitamin D tablets as advised by your Doctor



Make sure you have enough calcium in your diet

Calcium is in dairy milk, cheese yogurt and dairy products

Calcium is in bony fish like sardines, white bait



Calcium is also in fortified cereals

Calcium is in fortified plant based milk



The doctor can give advice about



Exercise

Eating dairy products, bony fish and fortified foods and drinks



Spending time outside



If you are worried about any of the information you have read talk to your doctor

Take this leaflet with you to help explain your worries.



If the doctor thinks someone might have weaker bones, they could request a test to find out how strong their bones are

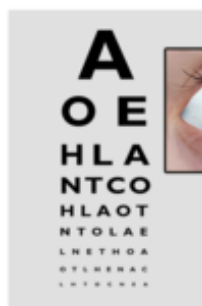


Doctors could give people with weaker bones medicine to make their bones stronger.

Help people not to fall over



Make sure you can get around without obstacles at home



Make sure your eyesight is as good as it can be



Make sure steps are clearly visible



Make sure people support you to move around if you need it



What you can do to help keep your bones healthy



- Take your vitamin D as your doctor says



- Eat plenty of calcium



- Be as active as possible

If you have any questions for your doctor write them here



Take this to your next appointment



You can contact the researchers by e-mail valeria.frighi@psych.ox.ac.uk



The study can be found at

<https://10.0.3.248/j.eclinm.2022.101656>



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The views expressed are those of the authors and not necessarily those of the NIHR or the Department of Health and Social Care.

