

# Assessment of bone density and fracture history can predict long-term fracture risk

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Factors such as low bone density and previous fractures are commonly used to predict an individual's risk of experiencing a fracture over the next 10 years. A new analysis has found that a single bone density measurement and an assessment of fracture history in postmenopausal women can predict fracture risk over a much longer period, up to 25 years.

The findings come from an analysis of data from the Study of Osteoporotic Fractures that assessed [bone mineral density](#) and risk factors in 7,959 older women from 1987 to 1989. Follow-up for fractures continued for 25 years for hip fracture, and for 20 years for any non-vertebral fracture.

"By following this cohort of older women for so long, we show directly that lifetime risk of [hip fracture](#) in community-dwelling women over age 75 is extremely high," wrote the authors of the *Journal of Bone and Mineral Research* study report. "These results strongly support the value of risk assessment and consideration of treatment even in the oldest, highest risk women."

**More information:** *Journal of Bone and Mineral Research* (2017).  
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