

# FIVE FACTS:

## Vertebral Compression Fractures

1

The most common cause of vertebral compression fractures is osteoporosis.

2

Approximately 25% of all postmenopausal women in the US sustain a compression fracture during their lifetime. The prevalence of this condition increases with age, reaching 40% by age 80.

3

Having one or more vertebral compression fractures leads to a 5-fold increase in the patient's risk of developing another compression fracture.

4

Patients with compression fractures have a 15% greater risk of death compared to those who do not have a compression fracture.

5

60-75% of compression fractures occur around the thoracolumbar region (T12, L1, L2).

### Reference:

Alexandru D, So W. Evaluation and management of vertebral compression fractures. Perm J. 2012;16(4):46-51. doi:10.7812/TPP/12-037

