



Knee Osteoarthritis (OA) and Risk of Medically Treated Injurious Falls among Older Adults considering the Health ABC Study

SCIENCE

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Key Take-Away:

The OA and the risk of medically treated injurious falls (hence injurious falls) were investigated in older adults. There was an independent connection between the knee symptomatic radiographic osteoarthritis (sROA) and an increased risk of injurious falls in elderly men but, was not observed in older women.

Introduction:

The risk of falls among adults with knee OA has been documented. But, there has been a lack of studies which examined the knee OA and the medically treated injurious falls (hereafter injurious falls) (overall and by sex), as a result of substantial clinical and public health relevance so far.

Methods:

This community-based study was based on the Health ABC Knee Osteoarthritis Substudy. White and black older adults were included in the study. The relationship between knee OA status and risk of injurious falls was evaluated among a total of 734 participants with a mean (SD) age of 74.7 years. The Knee radiographic osteoarthritis (ROA) was described as having a Kellgren-Lawrence grade of ≥ 2 in at least one knee. Knee symptomatic ROA (sROA) was described as having both ROA and pain symptoms in the same knee. Injurious falls were described using a validated diagnoses code algorithm from the linked Medicare Fee-for-Service claims. The hazard ratios (HRs) and 95% confidence intervals (Cis) were assessed using the Cox regression modeling.

Results:

Mean (SD) follow-up time was 6.59 (i.e. 3.12) years. Out of 734 participants, 255 (34.7%) had an incident injurious fall over the whole study period. In the multivariate model, the individuals with sROA (HR=1.09; 95% CI: 0.73, 1.65) did not have a significantly high risk of injurious falls as compared to those without ROA or pain. The men with sROA (HR=2.57; 95% CI: 1.12, 5.91) had a significantly higher risk of injurious falls as compared to men without ROA or pain. There were no associations for women or by detrimental fall type.

Conclusion:

Knee sROA was independently associated with the high risk of injurious falls in older men, but not in older women.

Source	Arthritis Care & Research
Link:	https://onlinelibrary.wiley.com/doi/abs/10.1002/acr.23725



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Authors:	Barbour KE et al.

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