Treatment of Proximal Humeral Fractures With Internal Fixation and Antiosteoporotic Drugs in Elderly Patients
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Purpose: We sought to evaluate the clinical efficacy of antiosteoporotic drugs (salmon calcitonin, alfacalcidol, and calcium tablet) for senile osteoporotic proximal humeral fractures after internal fixation.

Methods: 98 cases were randomly divided into 2 groups, the treatment group (50 cases) and the control group (48 cases). The treatment group was applied antiosteoporotic drugs after operation, while the control group was not.

Results: All patients were followed more than 12 months. The fracture healing time of treatment group was 12.8 ± 0.8 weeks, which was shorter than that of the control group (15.3 ± 0.5 weeks). The excellent and good rate of Neer shoulder score of treatment group was 92.0%, which was higher than the control group’s 77.1%. The incidence of surgical complications of treatment group was 10.0%, which was less than the control group’s 27.1%. There were significant differences (P <0.05). In the treatment group, antiosteoporotic drugs were used postoperatively. In the proximal humerus of the healthy side, the BMD (bone mineral density) was significantly increased (P <0.05).

Conclusion: Internal fixation combined with antiosteoporotic drugs can promote fracture healing, reduce the incidence of complications, increase BMD, and have satisfactory clinical effect for senile osteoporotic proximal humeral fracture.