Fast Facts

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A Cochrane review of use of hip protectors in older adults found no evidence of reduction in hip fracture risk, no evidence of a statistically significant effect on incidence of pelvic or other fractures, or on rate of falls. No important adverse effects of the hip protectors were reported but adherence, particularly in the long term, was poor.


A study of telomere length (TL), a measure of replicative senescence which decreases with aging, found that leukocyte TL is preserved in healthy older adults who perform vigorous aerobic exercise and is positively related to maximal aerobic exercise capacity. This may represent a novel molecular mechanism underlying the "anti-aging" effects of maintaining high aerobic fitness.


The Agency for Healthcare Research and Quality funded a systematic review of primary-care relevant fall prevention interventions. Interventions using exercise or physical therapy reduced fall risk, as did interventions using vitamin D supplementation.

A sleep-laboratory study investigated Zolpidem, a medication commonly used for insomnia. Results indicated that Zolpidem produced clinically significant balance and cognitive impairments upon awakening from sleep.


Early and intensive mobilization within 24 hours of stroke may fast-track return to unassisted walking and improve functional recovery.


Low-frequency electroacupuncture and physical exercise improved hyperandrogenism and menstrual frequency more effectively than no intervention in women with polycystic ovary syndrome, the most common endocrine disorder in women of reproductive age.


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