

TABLE E-1 Baseline Characteristics of Sixty-two Patients

Characteristic	Control Group	Intervention Group
Number of patients	31	31
Demographics		
Age* (<i>years</i>)	78 ± 13	80 ± 9
Race		
Black	2	
Asian		1
Males	8	10
Patient medical history (<i>no. of patients</i>)		
History of fracture	12	13
History of fragility fracture	5	9
Previous dual x-ray absorptiometry	10	11
Osteoporosis	1	2
Rheumatoid arthritis	3	1
Diabetes mellitus II	7	7
Renal disease	3	3
Immobilization	1	4
Gastrointestinal malabsorption	0	1
Dementia	7	6
Medication history (current use)†		
Hormone replacement	6 (0)	3 (0)
Steroids	4 (3)	4 (3)
Heparin	4 (1)	1 (0)
Thyroid replacement	9 (5)	4 (3)
Tamoxifen	2 (0)	0 (0)
Immunosuppressant	1 (1)	2 (1)
Testosterone	1 (1)	1 (1)
Anticonvulsant	3 (1)	3 (1)
Social history		
Smokers (<i>no. of patients</i>)	18	16
No. of children per patient*	2 ± 1.3	2 ± 2.2
Age at menopause* (<i>years</i>)	49.6 ± 7	50 ± 6
Age at menarche* (<i>years</i>)	13.5 ± 2	13 ± 2
Family history (<i>no. of patients</i>)		
Fragility fracture	7	7
Osteoporosis	5	5
Physical examination*		
Weight (<i>kg</i>)	66.5 ± 15	64.4 ± 14

Height (cm)	165 ± 10	165 ± 10
Maximum height (cm)	168 ± 10	169 ± 9
Level of ability to walk (no. [%] of patients)		
Not able to walk	2 (6)	0 (0)
Household walker	11 (35)	12 (39)
Community walker	5 (16)	11 (35)
Able to exercise	13 (42)	8 (26)
Assistive device (no. [%] of patients)		
None	17 (55)	15 (48)
Cane	5 (16)	6 (19)
Crutches	0 (0)	1 (3)
Walker	6 (19)	9 (29)
Wheelchair	3 (10)	0 (0)
Fracture type (no. of patients)		
Femoral neck	15	18
Intertrochanteric	15	12
Subtrochanteric	1	1
Fixation (no. of patients)		
Pinning	6	2
Side plate	7	4
Intramedullary	9	11
Hemiarthroplasty	9	14
Disposition (no. of patients)		
Home	2	1
Rehabilitation	29	30

*The values are given as the mean and the standard deviation. †The values are given as the number of patients with a history of having taken the medication, with the number currently taking the medication in parentheses.