

For Some Patients, Every Fall is a Big One



Hip fractures are a leading cause of injury, disability and death among older people. Almost 95% of hip fractures result from a fall on the hip, and are the most common type of fall-related injury.¹



Did You Know?

- In the United States, one of every three adults 65 years or older falls each year.^{2,3}
- Most patients with hip fractures are hospitalized for about two weeks.⁴
- Of those who fall, 20% to 30% suffer moderate to severe injuries that make it hard for them to get around or live independently and increase their chances of early death.⁵
- Because the U.S. population is aging, the problem of hip fractures will likely increase substantially over the next four decades. By the year 2040, the number of hip fractures is expected to exceed 500,000.⁶

1 Cummings SR, Kelsey JL, Nevitt MC, O'Dowd KJ. Epidemiology of osteoporosis and osteoporotic fractures. *Epidemiol Rev* 1985; 7:178-208.
2 Tinetti ME, Speechley M, Ginter SF. Risk factors for falls among elderly persons living in the community. *New England Journal of Medicine* 1988;319(26):1701-7.
3 Sattin RW. Falls among older persons: A public health perspective. *Annual Review of Public Health* 1992;13:489-508.
4 Graves, EJ. 1988 Summary; National Hospital Discharge Survey. *Advance Data from vital and health statistics*; no.185:1-12. Hyattsville, Maryland: National Center for Health Statistics, 1990.
5 Alexander BH, Rivara FP, Wolf ME. The cost and frequency of hospitalization for fall-related injuries in older adults. *American Journal of Public Health* 1992;82(7):1020-3.
6 Cummings SR, Rubin SM, Black D. The future of hip fractures in the United States. Numbers, costs, and potential effects of postmenopausal estrogen. *Clinical Orthopaedics and Related Research* 1990;252:1630-66.



"We frequently use Posey Hipsters on residents with repeat falls that are frail and at high risk for falling. They provide a less restrictive environment and help protect from injury in the event of a fall."

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To request a Posey Catalog or speak with an associate, call 1.800.44.POSEY (76739) or visit us online at Posey.com

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Posey Hipsters® Help Protect Against Fall-Related Injuries

It's a long way down for patients at risk of injury from a fall. You can help reduce the risk with Posey Hipsters. Hipsters high energy-absorbing foam pads are positioned precisely over the trochanter, increasing the odds of withstanding a fall uninjured. Hipsters are comfortable and slim enough to be virtually undetectable under clothing and with increased protection, Hipsters may relieve patients' anxiety about falling and enhance their quality of life.

- High impact-absorbing viscoelastic pads fit into a slim-fitting brief and are positioned over the critical fracture area to help protect against fall related injuries.
- Discreet low-profile pads are virtually undetectable under clothing and are removable for cost effective pad replacement.
- Eight styles to choose from; 6 Innerwear and 2 Outerwear.
- 100% Latex-free and available in six sizes for best patient fit and comfort.
- High Durability Poron® Foam Pad designed to withstand higher laundering temperatures.
- Washable according to CDC guidelines for soiled linen without removing the pads. Replacement pads available for some models.



Posey Hipsters innerwear fit discreetly under men's and women's clothing, as shown by these models who are wearing Standard Hipsters Briefs.

Hipsters with optional Removable Pads

All Posey Hipsters feature removable pads. Hipsters contain foam pads that are sealed in a pouch to protect it from water. If the pouch is damaged during laundering, moisture will enter the pouch and compromise the impact absorption quality.

With removable pads you can simply and **cost effectively** replace the damaged pad.

- Garment can be laundered with pads in place
- Minimal expense to replace pads

⚠ WARNING Use correct size to position foam pad over the trochanter.

SIZING CHART

| Size | Waist | Hip | Inseam | |
|------|-------------|-------------|--------|-------|
| | | | Shorts | Pants |
| XS | 26" - 28" | 33" - 35" | 8½" | 28" |
| | 66 - 71cm | 83 - 88cm | 21cm | 71cm |
| S | 28" - 30" | 35" - 37" | 8½" | 29" |
| | 71 - 76cm | 88 - 93cm | 21cm | 73cm |
| M | 30" - 34" | 37" - 41" | 8½" | 31" |
| | 76 - 86cm | 93 - 104cm | 21cm | 78cm |
| L | 34" - 38" | 41" - 45" | 8½" | 32" |
| | 86 - 96cm | 104 - 114cm | 21cm | 81cm |
| XL | 38" - 42" | 45" - 49" | 8½" | 32" |
| | 96 - 106cm | 114 - 124cm | 21cm | 81cm |
| XXL | 42" - 46" | 49" - 53" | 8½" | 32" |
| | 106 - 116cm | 124 - 134cm | 21cm | 81cm |

If waist measurement is larger, select the size that corresponds to the larger waist measurement.

Special offer: 30-day no-risk free trial!

Innerwear



Standard Brief

- Easily fits over undergarments, or can be worn as underwear.
- 95% Cotton/5% Spandex.
- Optional sewn-in pads (6016/6016H) or removable pads (6016R/6016RH).

6016 Standard Foam
6016H High Durability Foam
6016R Standard Foam
6016RH High Durability Foam



Incontinent Brief

- Snap front for easier application over incontinence pads or briefs.
- 95% Cotton/5% Spandex.
- Removable pads.

6017 Standard Foam
6017H High Durability Foam



Male Fly Brief

- Easily fits over undergarments, or can be worn as underwear.
- Fly front for improved compliance in male patients.
- 95% Cotton/5% Spandex.
- Removable pads.

6018 Standard Foam
6018H High Durability Foam



EZ-On Brief

- Patient can wear their own undergarments.
- Can be worn in the shower.
- 100% Polyester.
- Removable pads.

6019 Standard Foam
6019H High Durability Foam

Posey Community Hipsters



Ladies Community Hipsters

- Same look as regular day-to-day panties.
- Soft pink cotton blend material with decorative lace.
- Reinforced panty line.
- Removable pads.

6030



Men's Community Hipsters

- Designed to mirror men's regular briefs.
- Soft gray cotton blend material.
- Removable pads.

6031

Outerwear



Shorts

- Soft, preshrunk polyester cotton blend garment.
- Deep pockets for wallets, keys or other items.
- Color Choice – Ash Gray or Navy Blue.
- Removable High Durability Pads.
- Inner lining hides pad inside shorts.

6007N Navy Shorts
6007A Ash Gray Shorts



Sweatpants

- Soft, preshrunk polyester cotton blend garment.
- Ankle zippers help provide added comfort to swollen feet and ankles.
- Deep pockets for wallets, keys or other items.
- Color Choice – Ash Gray or Navy Blue.
- Removable High Durability Pads.
- Inner lining hides pad inside sweatpants.

6009N Navy Sweatpants
6009A Ash Gray Sweatpants

Hipsters



High Durability Hipsters



REPLACEMENT PADS

6008 Standard Replacement Pads, 1 pair
6008H High Durability Replacement Pads, 1 pair

Clinical References Supporting the Use of Hip Protectors

Title: External Hip Protectors to Prevent Osteoporotic Hip Fractures
Author: A. Ekman, H. Mallmin, K. Michaëlsson, S. Ljunghall
Publication: The Lancet, volume 350, August 23, 1997

Study Objectives: Ekman and colleagues conducted a controlled study on the use of hip protection to prevent hip fractures. One expectation was to either confirm or disprove the 1993 reported findings of J.B. Lauritzen and colleagues in "Effect of external hip protectors on hip fractures."

Results: The use of hip protectors as preventative treatment for hip fractures was validated. "Our study confirms a reduced risk for hip fractures of the same magnitude as the previous report."

Recommendations: "With improved compliance, external hip protectors should be an effective prophylactic against hip fractures."

Title: Prevention of Hip Fracture in Elderly People
Author: Pekka Kannus, M.D., Ph.D., et al
Publication: The New England Journal of Medicine, Vol. 343, No. 21, November 21, 2000

Study Objectives: The purpose of this study was "to determine whether an external hip protector would be effective in preventing hip fractures among elderly adults." The study population was comprised of elderly adults from 22 community based health-care centers in Finland; a treatment group of 653 and a control group of 1,148 participants.

Results: The degree of compliance with the hip protector was $48 \pm 29\%$. The hip protector group suffered 13 hip fractures, 9 of which occurred while not wearing the hip protector, compared to 67 hip fractures in the control group.

Recommendations: "We conclude that the risk of hip fractures can be reduced in frail elderly adults through the use of an anatomically designed external hip protector. Only 41 persons need to use the hip protectors for one year (or 8 persons, for five years) in order for one fracture to be prevented."

NOTE: Due to the random possibility of falls, the Posey Company makes no guarantee, express or implied, that the user is protected from hip trauma.

Please detach and fax to 1.626.443.5014, or call us at 1.800.44.POSEY to start your trial

Yes!

I want to take advantage of your 30-day trial offer. Please have a representative call me to discuss Posey Hipsters®.

Name _____

Title _____

Facility _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Best time to call _____ am _____ pm

Email _____

Fax or mail to:



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