

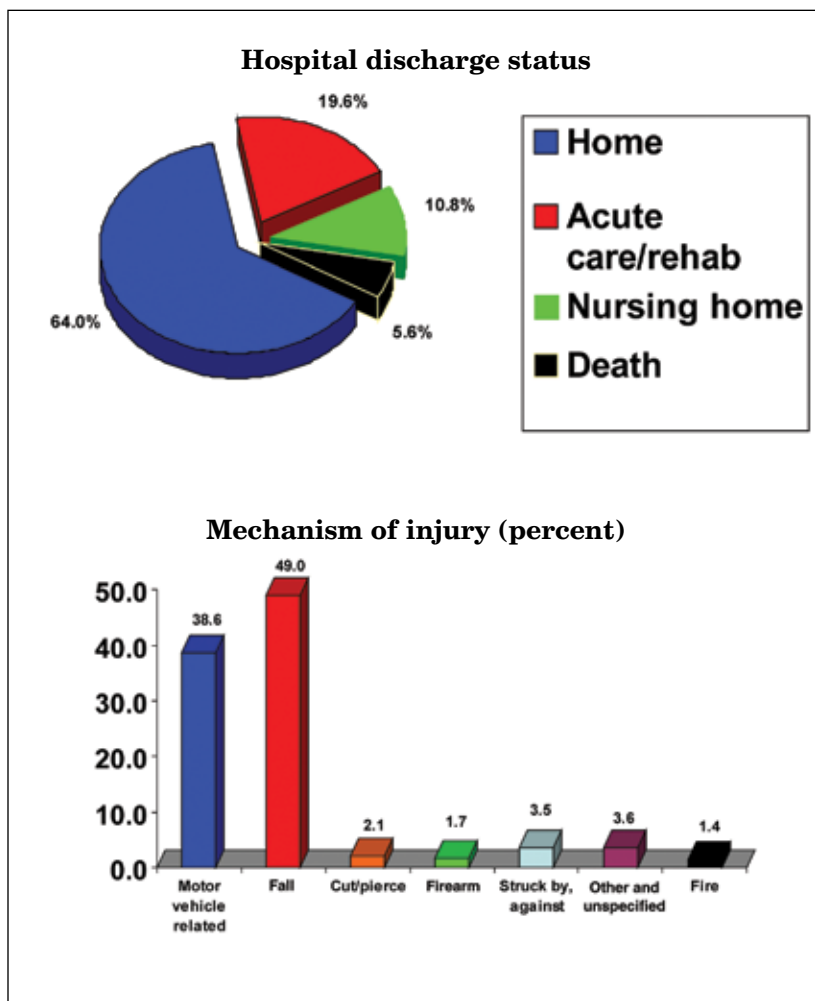
NTDB® data points

60-something

by Richard J. Fantus, MD, FACS

This article marks the 60th consecutive “NTDB data points” column in the *Bulletin*. It is only fitting then to look at what happens when one reaches his or her 60th year. The oldest baby boomers began turning 60 last year. By January 1, 2047, the hardest of the 78 million boomers will celebrate their 100th birthday. A generation known for challenging authority and redefining everything from marriage to race relations will start experiencing the physiologic effects of aging. Age-related losses of taste and smell occur in many older than 60. In addition, as some individuals age and become less active, there is an associated loss in balance and coordination. This loss of balance can lead to an increased number of falls and subsequent injuries.

In order to examine the occurrence of age-related injuries in the National Trauma Data Bank® Dataset 7.0, all records for patients aged 60 to 69 years were identified, and 102,387 records with discharge status were found. Of these patients, 65,428 were discharged to home, 20,052 to acute care/rehabilitation, and 10,991 to nursing homes; 5,916 died. Victims were 57 percent male and on average 64.2 years of age; there was an average length of hospital stay of 6.9 days, an intensive



care unit stay of 2.8 days, and an average injury severity score of 10.9. Of those tested for alcohol, 16 percent were positive. Of note, although motor vehicle-related injuries accounted for a similar over-

all percentage, falls were 1.6 times more frequent in this age group when compared with the overall 2007 report. These data, along with the mechanism of injury, are pictured on this page.

If you are one of the 78 million who has or will soon turn 60, do not fret. With proper lifestyle modifications, one can enjoy a long, healthy, and fulfilling life. Exercise is a key component to aging with grace. Make sure to put aside the necessary time for cardiovascular, stretching, and core exercises. Also, do not forget to exercise your brain. The brain needs to be challenged;

try puzzles or learning new skills. With improved cognition and regained balance, you are less likely to be injured and therefore more likely to become 60-something.

The full NTDB *Annual Report Version 7.0* is available on the ACS Web site as a PDF and a PowerPoint presentation at <http://www.ntdb.org>.

If you are interested in submitting your trauma center's

data, contact Melanie L. Neal, Manager, NTDB, at mneal@facs.org.

Dr. Fantus is director, trauma services, and chief, section of surgical critical care, Advocate Illinois Masonic Medical Center, and clinical professor of surgery, University of Illinois College of Medicine, Chicago, IL. He is Chair of the ad hoc Trauma Registry Advisory Committee of the Committee on Trauma.

So, You Want to Be a Surgeon...

Medical student guide to residency training

The online resource, *So You Want to Be a Surgeon... A Medical Student Guide to Finding and Matching with the Best Possible Surgery Residency*, is now available on the American College of Surgeons Web site at:

<http://www.facs.org/residencysearch>



This online, contemporary version of the popular "Little Red Book" has proven to be an invaluable resource for medical students seeking opportunities in graduate medical education. The revised online version of this helpful reference includes a searchable database containing a complete list of accredited surgical specialty residency programs, as well as a section devoted to assisting students in choosing a residency program that is their best match.

For further information, contact Elisabeth Davis, MA, Education Research Associate, Division of Education, at 312/202-5192, or via e-mail at edavis@facs.org.

AMERICAN COLLEGE OF SURGEONS • DIVISION OF EDUCATION