

# Fall Prevention

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## Statistics<sup>1</sup>



Every year, 1 in 4 older adults will suffer from a fall

1 out of every 5 of these falls will lead to serious injury

## Severity<sup>1</sup>



Falls can be life-changing for older adults. They can result in serious brain injuries, broken bones, and even death.

## Risk

Your body's health and wellness is the first factor to consider

- ✦ Cataracts and other conditions that affect your sight can increase your risk of falling<sup>2</sup>
- ✦ A lack of exercise, poor balance and strength, and arthritis will also put you at a greater risk<sup>3,4</sup>
- ✦ Osteoporosis and other conditions related to bone density increase your likelihood of injury<sup>5</sup>

An unsafe home environment is another big risk factor for falls<sup>6</sup>

- ✦ Remove throw rugs, fix broken or uneven flooring, clean any clutter or spills, hide loose cables
- ✦ Poor lighting or lack of lighting can make it difficult to see obstacles that will make you trip

Some medications can have side effects that may lead to fall as well. Speak to your doctor if you take:

- ✦ Antidepressants, seizure medicines, antipsychotics, opioids, benzodiazepines, sedatives, and other psychoactives.<sup>7</sup>

- ✦ Anticholinergics, antihistamines, blood pressure medications, and muscle relaxants can cause dizziness or blurred vision, which may lead to falls<sup>7</sup>

## What can I do?

✦ Prevent yourself from falling by taking care of your health! Lower alcohol consumption, have your eyes checked annually, review your medications and their side effects with your doctor, and exercise.<sup>2,6,8</sup>

- ✦ Tai chi is known to be an effective exercise in reducing the risk of falling. Exercises that focus on strength, balance, and function like sit-stands, knee curls, toe stands, and leg extensions may also be beneficial.<sup>3,8,9</sup>

- ✦ Installing home devices like grab bars, shower chairs, non-slip mats, and bathtub rails can help keep your home safe in addition to the removal of unsafe factors.<sup>6</sup>

## References

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