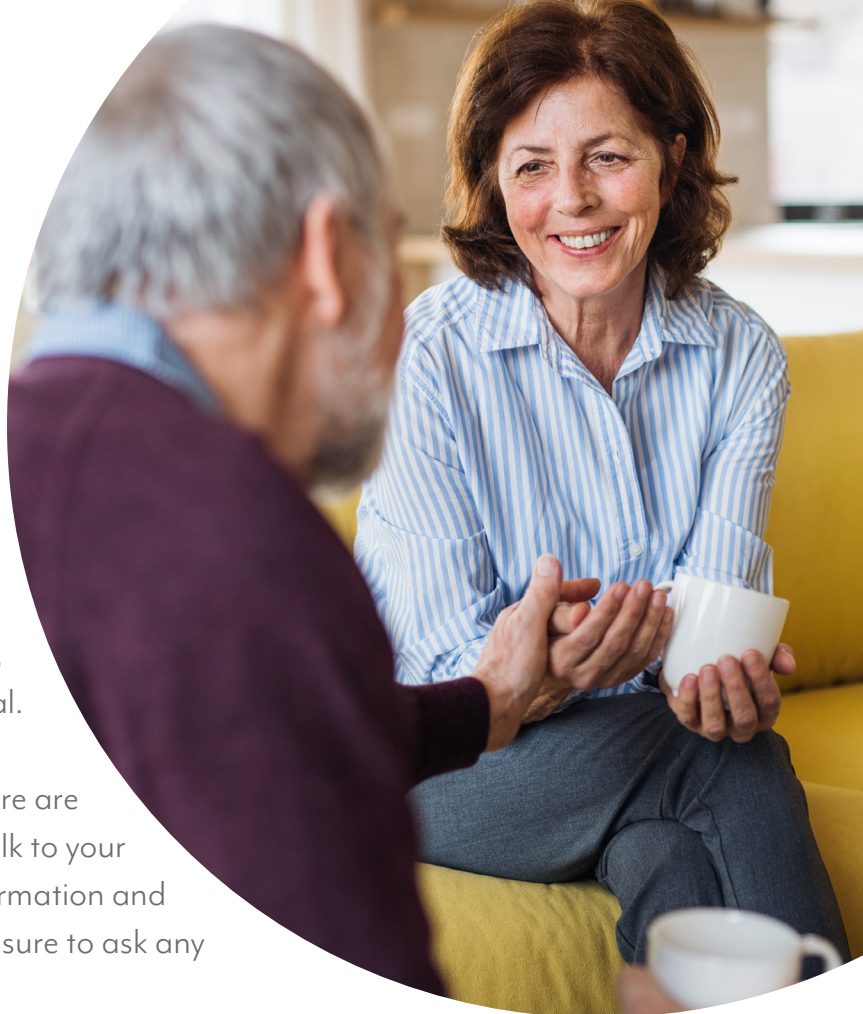


Fall Prevention: Minimize Your Risk

Falls are the number one cause of fatal and non-fatal injuries in those 65 and older, resulting in hip fractures, broken bones and head injuries. Since many falls are preventable, taking steps to minimize your fall risk is essential.

If fear of falling keeps you from enjoying life, here are some tips to help you safeguard your home. Talk to your doctor or nurse about how to best use this information and how to take care of your medical condition. Be sure to ask any questions you might have.



Every 11 seconds, an older adult is taken to the emergency room for a fall-related injury.



Falls are the number one cause of fatal and non-fatal injuries in those 65 and older.



One in four older adults fall each year.

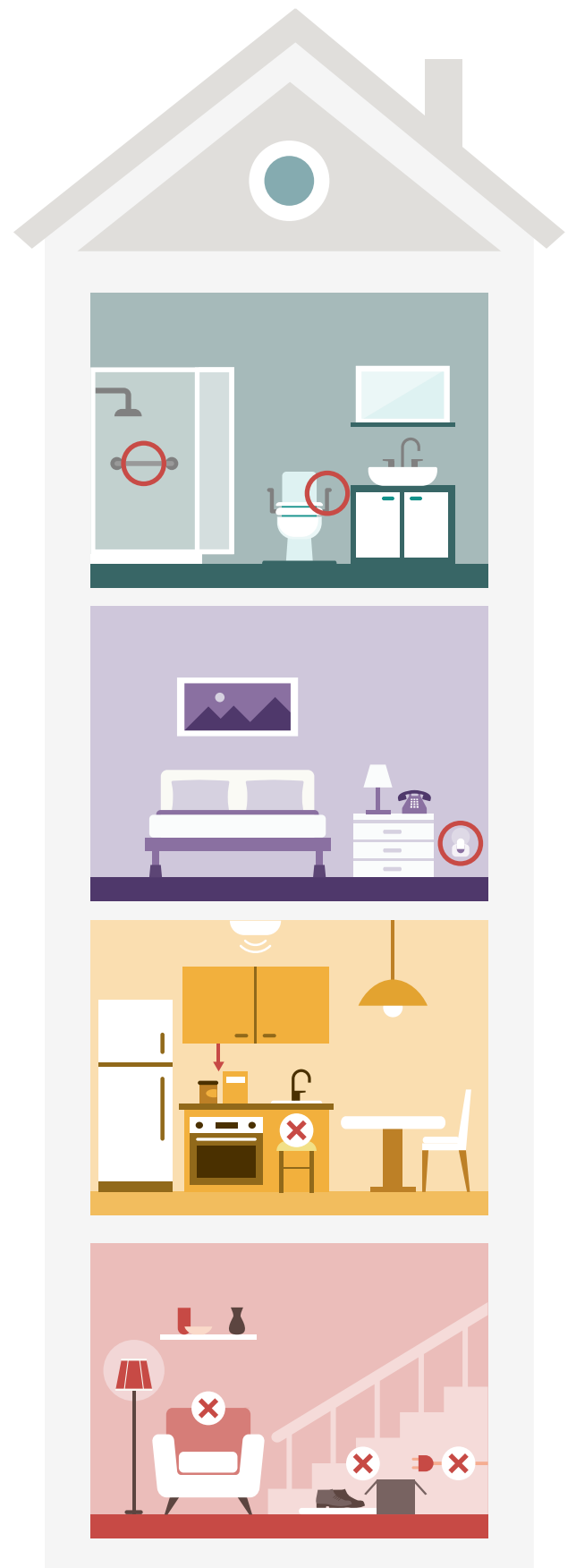


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Home Safety and Fall Prevention Tips:



Prevent falls in the bathroom.

- Put a nonskid surface in the tub and shower. Use a shower chair with nonskid tips on its legs.
- Install grab bars on the walls of the tub area and next to the toilet.

Transfer from chairs and beds safely.

- Make sure your bed is at the right height, and you can safely get in and out of it.

Keep living areas well lit.

- Put night lights in hallways, bathrooms, bedrooms, and other poorly lighted areas.

Keep your floors and walkways clear.

- Make sure carpets are firmly in place without loose edges. Do not use throw rugs.

Wear sturdy footwear.

- Wear shoes with low heels, good support, and nonskid soles.

Take care of your safety.

- Know which of your medicines can make you dizzy. Talk to your doctor if this is a problem.
- Get regular exercise to strengthen your muscles and improve your balance.
- Get regular eye exams. When you get new glasses, be careful moving around until you get used to them.
- Keep your hands free to hold on to things or balance yourself. Keep important items on a lower cabinet shelf for easy reach.
- Consider wearing an alarm device that will signal for help in case you fall and cannot get up.



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