

## Fall Prevention



### Did You Know...

According to the Centers for Disease Control and Prevention, 1 out of 3 adults over the age of 65 fall each year. Twenty to thirty percent of people who fall suffer an injury, such as a fracture. Common fractures include forearm, ankle, and hip.

The Pharmacy Awareness  
Campaign Presents

## Fall Prevention



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Questions?  
Ask a pharmacist!

## Fall Prevention



To reduce your risk of falls, follow these simple steps.

### **Ask your pharmacist to review your list of medications:**

Include all prescription, over-the-counter medications, supplements, and herbal products as many common medications can increase your risk for falls. If you are currently taking one of these medications there may be safer medications available.

### **Make an appointment with your doctor to develop a fall prevention plan:**

Certain medical conditions (e.g Parkinson's disease), increase your fall risk. Write down the details of previous falls or close call falls to bring to your appointment, this may help your doctor identify the cause for the fall.

### **Fall proof your home:**

Remove items you can easily trip over such as shoes, newspapers, and throw rugs from common walk ways. Try to limit the use of step stools by storing items on lower shelves or cabinets. Improve the lighting in your home and make sure you turn on lights before walking up and down stairs. Store flash lights in easy to reach areas in case of power outages.

### **Keep moving:**

Speak with your doctor about a safe exercise program that will make you stronger. Look for exercises that improve balance and coordination like Tai Chi and Yoga.

### **Use assistive devices:**

Hold on to banisters or railings when walking up and down stairs. Place grab bars in the bathroom near the shower and toilet to help with balance.

Should you be talking to your doctor about getting a bone density test?

The National Osteoporosis Foundation recommends a bone density test for postmenopausal women, men over the age of 70, and anyone who breaks a bone over the age of 50. For more information visit the National Osteoporosis Foundation at <http://www.nof.org/>