



FALL PREVENTION... WHAT YOU NEED TO KNOW

DID YOU KNOW?

- Falls are the leading cause of fatal and non-fatal injuries in older adults.
- Every year, 1 out of 3 adults aged 65+ experiences a fall and 2 out of 3 of them will fall again within 6 months.

These accidents can lead to permanent disability (e.g. hip fractures), chronic pain, anxiety, depression, and a reduced capacity for self-care.

MOST FALLS ARE PREVENTABLE. TAKE ACTION:

- **Get some exercise.** Lack of exercise can lead to weak legs and this increases the chances of falling. Exercise programs such as Tai Chi can increase strength and improve balance, making falls much less likely.
- **Talk to your healthcare provider about falls.** Share your history of recent falls.
- **Review your medications with a doctor or pharmacist regularly.** Some medications—or combinations of medications—can cause side effects such as dizziness or drowsiness. Have a doctor or pharmacist review all your medications to help reduce the chance of risky side effects and drug interactions. Take medications only as prescribed.
- **Take Vitamin D.** Sufficient intake of vitamin D can maintain muscle function and improve postural balance and navigation abilities in older adults.
- **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
- **Eliminate hazards.** A room and living environment safety check can help identify potential fall hazards that need to be removed or changed, such as tripping hazards (e.g. rugs/carpets, books, clothes, shoes), clutter, and poor lighting.
- **Avoid going barefoot or wearing slippers.** Wear the right shoes both inside and outside the room:
 - Closed heel counter
 - Laces or Velcro
 - Wide toe box, with enough room for toes to move
 - ¼” to 1” high, rounded heel with firm midsole and a good grip
- **Stay mobile.** Canes and walkers are recommended to lower your risk of falls by improving balance, saving energy, easing pain and maintaining a normal gait.
- **Speak to a pharmacist.** Ask about programs available to help keep you active and knowledgeable on falls prevention (Ask about: **MediSystem Steady Feet Wellness Clinic**).

MediSystem™
Pharmacy

A SHOPPERS DRUG MART COMPANY

medisystempharmacy.com

References available upon request.