

HOW DOES MY BODY REACT TO AGING?

Arthritis makes your joints stiff

Muscles become weak

Sensation, vision and hearing not as strong

Body unable to react quickly to environment

Speed of walking decreases

Multiple problems set in that make us weaker:
Parkinson's, diabetes, heart and lung problems

Hard to hold urine, cannot make it to bathroom on time

More active men likely to fall too

Dangerous over-activity :

- * Pruning a tree on a ladder
- * Changing a bulb
- * Walking without cane

HOW DO I MODIFY MY FALLING RISKS?

Progressive weight training

Repetition of exercise

Every day, 30 minutes exercise

Visit Physical Therapist

End clutter in house

No sitting more than one hour

TV and exercise: good idea

Friends exercise together

Add Balance exercises

Leg exercises

Lose weight

Imagine walking, exercising

No to smoking

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Can I reduce my risk of falls?



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What are your risks?

- 30-40% adults fall once a year
- 30% of these individuals will lose independence-will go to nursing home or will need family member to take care of them
- **This risk increases every decade after 65 years : 30% in women between 65-69 years, 50% at 85 years**
- Women 85 years and older are 8 times more likely to fall as compared to women who are in their 60s and 70s
- **Women are twice as likely to fall as men**
- Caucasian women over 65y are twice as likely to fall that black women of same age

How do you know that you are at risk?

- You have been tripping often
- You think you need a cane or a walker but you are too embarrassed to use one
- You are avoiding going to the mall or grocery store
- You don't like to get up to walk
- You have arthritis, osteoporosis
- You are on medication to treat blood pressure, depression, or medication for pain relief : some of these medicines can make you DIZZY
- You cannot look at different isles in a grocery store because that makes you imbalanced
- **Talk to your PHYSICIAN IF YOU HAVE HAD >2 FALLS IN 6 MONTHS**
- PHYSICAL THERAPY CAN HELP



HOW BAD CAN IT BE?

Hip fractures: most will not regain independence and half of these people will use cane or walker.

80% victims are women

Risks: osteoporosis, dementia, inactive lifestyle

Brain Injury: account for 46% fatal fall injuries

Blood clots: can lead to DEATH

Bed sores from inability to move

