

WE DON'T WANT YOU TO FALL!



Optimize Your Health to Prevent Falls

Every fifteen seconds, an older adult is treated in an emergency department due to an accidental fall.

Every 20 minutes, an older adult dies from a fall, and many more are injured:

- More than 25% of older adults fall each year
- Each year, 3 million older adults are treated in emergency departments for fall-related injuries
- Over 800,000 patients are hospitalized each year due to fall-related injuries, often times a head-injury or hip fracture
- The cost of accidental falls among older adults is estimated at roughly \$50 billion a year

As individuals age, their vision, strength and balance can become affected, ultimately elevating the risk for fall. But, this doesn't have to be the case!

Prevention is Key

Risk of falling increases with age for many reasons such as balance problems, vitamin D deficiency, poor footwear and overall weakness and frailty.

Chiropractic care represents a safe, clinically and cost-effective option for older adults, which includes preventative strategies to maintain independence and quality of life.

Doctors of chiropractic (DCs) can help to improve balance, stability and range of motion, which optimizes health, manages joint pain and decreases an individual's fall risk.

In addition, DCs can:

- Evaluate your risk for falling by discussing what you can / should not do
- Recommend strength and balance exercises to help prevent falls at home
- Offer tips on how to improve home safety (ie: decluttering, railing placement, proper lighting, etc.)
- And, more!

> To find a DC near you, visit www.f4cp.org/findadoctor

Sources:

National Council on Aging

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

<https://jamanetwork.com/journals/jama/fullarticle/2679279>

<https://www.nsc.org/home-safety/safety-topics/older-adult-falls>

<https://www.aarp.org/health/conditions-treatments/info-2018/medicare-fall-costs-fd.html>

