

FALLS, FALLS, FALLS, FALLS NOTE: Because of a number of recent spills of ULC Members, we thought re-publication of Nurse Charlotte's January 2024 article on falls might be a good refresher. It also gives Charlotte a month off to recover!

Every year 1 in 4 people over 65 falls at least once. Almost every week I hear about one or more members falling. We should be thinking about how we are going to get help, especially if we live alone. When we see a doctor, they always ask if we have had a fall in the last month to a year. Falls can happen to anyone, but older adults are more at risk. Fall prevention is important to all of us. Falls account for one of the most common and serious issues contributing to disability, especially among the elderly. Falls are the leading cause of fatal and nonfatal injuries among persons aged 65 and older.

There are certain conditions that make you more likely to fall. Lower body weakness, vitamin D deficiency in your system, difficulties with walking and balance, vision problems, medications, low blood pressure, foot pain or improper footwear, and home hazards or dangers. Most of the leading causes of falls can be found in the check list.

Illness and physical conditions can affect any of us.

Do you do less than 30 minutes of physical activity per day?

Do you do less than two hours of balance and strength activities a week?

Do you feel lightheaded, dizzy, or unsteady when walking or getting up from a chair or bed?

Do you use a walking aid?

Are you taking multiple medicines each day?

Do you take sleeping pills or anti depressants?

When was the last time the Doctor reviewed your medication?

Check list: Ask yourself these questions?

Do you drink more than two standard drinks of alcohol?

Do you spend little or no time in the sun?

Has it been more than 12 months since you saw an eye doctor?

Do you have things in your way that could cause a fall?

Do you suffer from foot pain or any other foot problems?

Does your home have slippery floors, throw rugs, or uneven surface?

United Lutheran Members Please take care of yourselves and those you love. If you need to be checked out by a non-emergency team call this number (479) 855-3771, and they will come and check you out to see if you are ok or need to go to the ER. There is no cost for this assistance.

This should not be used in place of 911 in the case of a life-threatening emergency.

Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it. - Charlotte Spencer Parish Nurse