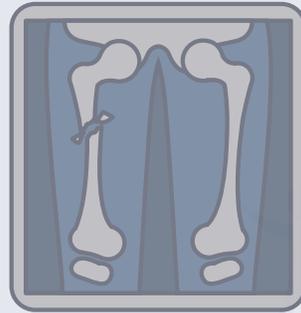


NEWSLETTER
FALL STATISTICS



1 in 4 Americans over the age of 65 years old fall each year



95% of hip fractures are caused by falls



Every 20 minutes an older adult dies from a fall in the United States. Many are injured.

FALL RISKS AND WARNING SIGNS

Common risks factors

- Fear of falling.
- Lower body weakness.
- Vitamin D deficiency.
- Vision impairment.
- Balance and mobility impairment.



Medications can cause side effects that increases fall risk such as:

- Dizziness.
- Impaired brain function.
- Orthostatic hypotension (drop in blood pressure upon standing)

How to recognize that your are at risk

- If you take medications.
- If you have chronic-health related issues.
- If you insist on independent mobility and have balance impairment.