

DON'T BECOME A STATISTIC:

PROTECT YOURSELF FROM FALLS

In upstate N.Y.



1 in 4 adults ages 65 and older fell at least once in the last year



40% of those who fell experienced an injury

Falls are the leading cause of injury among New York adults ages 65 and older

In the U.S.



1 in 5 falls causes serious harm like a broken bone or head injury

Annual number of fall-related visits:

H

HOSPITAL

Upstate New York New York State

14,958 52,733

ER

EMERGENCY ROOM

Upstate New York New York State

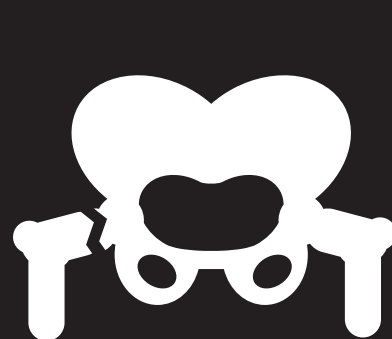
30,027 90,237

Among N.Y. adults ages 65 and older who are hospitalized:



60%

go to a nursing home or rehabilitation center



27%

experience a hip fracture



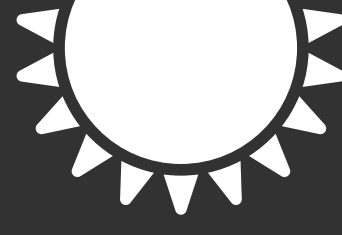
11%

suffer a traumatic brain injury

People are more likely to fall if they have:



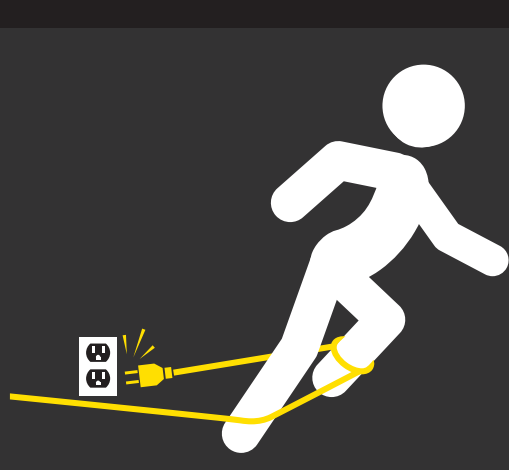
Vision problems



Vitamin D deficiency



Lower body weakness



Home hazards

Take Small Steps to Prevent Big Problems from Falls



Get and stay active:

Any exercise can help improve balance and lessen injury from a fall. Walk with a friend, exercise in a chair or learn tai chi.



Check in with the doc:

Tell your doctor if you had a fall. Have medications and vision checked.



Make your home safer:

Install grab bars in bathrooms, remove clutter from floors and improve lighting.

For more information on fall risk and prevention, talk with your doctor or visit:

<http://tinyurl.com/fallsCDC>

Excellus

LIVE FEARLESS



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