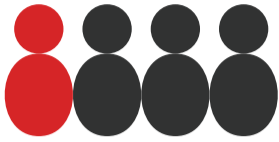


Fall Prevention

Help Prevent and Reduce Falls



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



Every 11 seconds
an older adult is in the **emergency room**
being treated for a fall



Every 19 minutes
an elderly **patient dies**
from a fall

In 2015, medical costs for falls totaled more than \$50 billion

Common Causes for Falls



- Low blood pressure
- Poor balance and impaired mobility
- Limited physical-activity endurance and muscle weakness
- Foot problems that cause pain
- Impaired vision

5 Simple Steps to Help Prevent Falls



Stay Active

A good exercise program includes activities to improve balance, strength, and flexibility.



Speak up

Talk to your doctor about taking supplements to improve bone, muscle, and nerve health.



Eye Exam

Get your vision checked annually as poor vision can increase the likelihood of falling.



Keep Your Home Safe

- Install handrails and grab bars
- Use non-slip mats
- Wear socks with a non-slip tread
- Wear slip resistant soles in the shower



Learn the Facts

In reality most falls can be prevented. Learn more about fall prevention and debunking the myths of falls among the elderly.

AliMed is here to help with everything you need for fall management.

To learn more about what products we offer, please visit alimed.com/patient-safety-fall-management/