

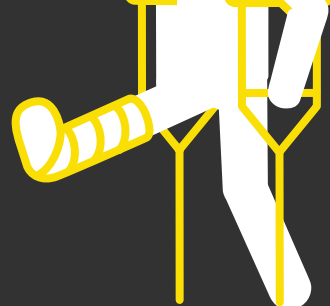
**DON'T BECOME A STATISTIC:**

# **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

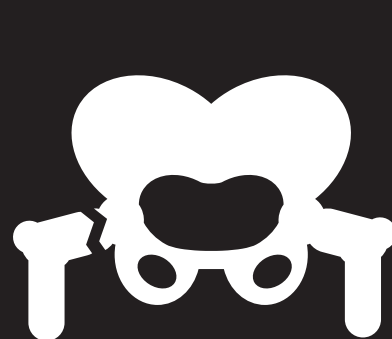
30,027 90,237

**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:**



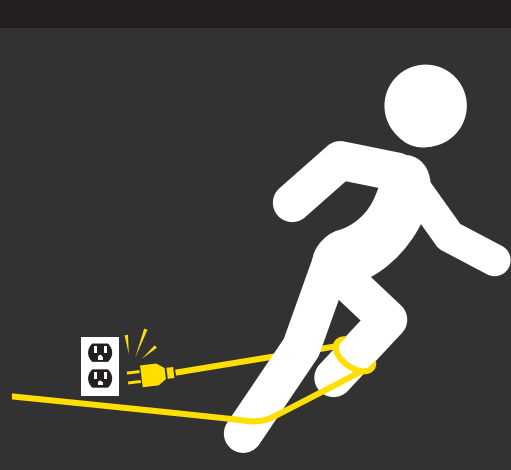
**Vision problems**



**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>