

Falls in Golden Age

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Common Health problems of Seniors:

How to manage

- Arthritis pain - pain relief, injections, joint surg
- Slow reflexes - exercise
- Impaired vision – yearly oph visit
- Impaired Hearing – hearing aid
- Low Blood Pressure – avoid sudden getting up
- Diabetes – A1C 7-8
- Heart problems Yearly cardio visit
- Many medicines and side effects (Beer's to avoid) Discuss last
- Brittle fragile bones – ca, Vit D Rx
- Alcohol overuse – limit man 2/d, woman 1/d
- Cancer – screenings:(Mammo, pap, colo, PSA, low dose chest CT)
- Mental deterioration: Mind games; living will

Health problems (cont)

- FALLS
- PREVENTABLE

QOL

- HEALTH First
- Mind and Mobility
 - Factors:
 - Heredity
 - Life Style
 - Environment

Statistics

- 30% fall every year:
- 60% minor injuries (bruise, cut, abrasion)
- 10% major injuries: Brain (lethal)

30% Fractures: Hip 1% of all fall

Back

Arm (upper and lower)

Ribs

Pelvis

OUTCOME

- Hospitalization and its consequences
- Loosing independence
- Mobility disability
- Death (40000/yr) from falls
- 50% accidental deaths from brain injury

Who is at Risk

- History of falls
- Arthritis and pain
- Dizziness (Light headed, vertigo)
- Overall ill health
- Mental illness (cognitive issues)
- Stroke- pre stroke (TIA)
- Osteoporosis, Vitamin D, B12 deficiency

Risk (cont)

- Anemia
- Heart irregularity
- Neuropathy
- Impaired vision
- Impaired hearing
- Obesity
- Poor sleep (tired, confused)
- Recent Hospital stay
- Fear of fall!
- Recent cataract surgery!

Environment

Risks and Remedies

- Stairs – hand rails, also on 2-3 steps from outside or garage to inside
- Bath – Grab bars must, Bath mat, bath stool, keep unlocked
- Electrical cords – out of way
- Clutter – pick up things from floors: shoes, toys, books, newspaper
- Poor lighting – night light must in every room
- Loose rugs – remove or tack them to floor with two sided tape
- Wet slippery floors – wipe dry or avoid
- Bed room – sit and stand bedside before walking to toilet
- Side walks – many uneven; avoid them. Better inside home

Environment (cont)

- Keep things you often use easily accessible
- Wear pants etc sitting down
- Uneven path – be watchful, go slow
- Rushing – never (esp from bed) Incontinence?
- Carrying weight – limit 5 lbs in each hand balanced, not one side
- Always wear non skid socks on smooth floors
- Refusal to use cane – shame vs safe
- Ill fitting shoes – proper fit and non skid soles even for indoor, avoid only plain socks

Optimize Health

- See your doctor regularly
- Bring all your medicines to doctors!!!
- Do not transfer pills from its container
- Know the purpose of each medicine
- Do not ignore any symptom. Be vigilant.
- Respect your age, know your limits.
- Check blood pressure at home regularly (OK if 110-140/70-90, but low side is better if no symptoms.)
- Check blood sugar regularly if Diabetic (A1C 7-8)
- See eye doctor every year

Optimize Health II

- Drink plenty of water but not after 8pm (avoid urine visit)
- Take vit C, D and B12
- Keep hands free for balance and grabbing just incase!
- Socialize, puzzles, mind games, board games for mental wellness
- Exercise (four types)(free videos / gym by health plans)
- Leg flexibility = Stretch ankles, knees, hips lying and standing holding on to something
- Leg strength – Carry weight, climb steps, rise from chair hands free, lift legs
- Balance – spinal movements, toe-heel walk, Tai chi
- Endurance: Walk daily 30 min (out / in), gardening, swim

If you fall:

Take few deep breaths and compose yourself.

Decide if you are injured; protect the injury

If you can get up, crawl to a chair or couch, get up holding on to steady thing.

If not, use handy phone or panic button.

APPLE watch 24 hours is best thing. It will ask you if you need help. If you don't answer for 45 seconds, it will call 911 for you. It has saved many lives.

MEDICATION

Many seniors are taking medicines wrong

Never transfer medicine from one bottle to another

Keep medicines out of sunlight and out of bathroom

Never adjust the dose by your self

Follow: with food or empty stomach instructions.

Keep week's box for B L D HS each, color coded, within sight.

Fill with cotton the stock bottles to avoid air exposure

Keep dehydrators in the bottles to avoid moisture

Never take expired liquid or drops or sprays. Ask pharmacist about tablet or capsule

Ask the doctor and pharmacist to write why on rx and bottle.

Always carry the list of medicines to every doctor you visit

Ask the doctor to deprescribe

Compare prices with Goodrx if you are paying

If medicine is essential, learn to live with side effects if tolerated if doctor agrees.

Stop medicine right away if having adverse effects.

Almost all seniors need medicine to live healthier and longer. Not wise to refuse Rx

Sometimes joint decision with doctor about medication can help.

Medication list (Handy, photo)

Rx	dose	DISEASE	8/26/2024 Dr. abc	11/26/24 Dr. xyz
rosuvastatin	20 X1/am	cholesterol	y	y
amlodipine	5x1/am	high BP	y	y
METOPROLOL	25/BED TIME	High BP	y	y
Levoxyl	50/AM	low thyroid	y	y
ASPIRIN	81/BED TIME	CAD	y	no