

Fall Prevention

Falls are the leading cause of fatal or critical injuries for seniors. Falls threaten seniors' safety, independence and finance. It is important to be aware of the risks and prevent them.

Common Factors That Increase The Risk of Falling



Balance Problems



Medication Side-Effect



Poor Vision



Chronic Disease



Improper Footwear

Bathroom:

- Install grab bars
- Use non-slip rubber mats

Kitchen :

- Keep frequently used items in lower cabinets
- Avoid climbing on stools



Home Safety Tips

Living Room :

- Keep the floor dry
- Avoiding leaving objects on the floor

Bedroom :

- Place a lamp next to your bed or have night light

- Getting enough calcium and vitamin D can help keep your bones strong and healthy.
- Check with your doctor to see if you are getting enough calcium and vitamin D.

Age Groups	Calcium (mg/day)	Vitamin D (IU/day)
31-50 years old	1,000	600
51-70 years old males	1,000	600
51-70 years old females	1,200	600
>70 years old	1,200	800

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