

# IS THERE A KILLER LURKING ON YOUR COUCH?



## SLIPS AND FALLS CAN BE PREVENTED

Don't be a couch potato. Slips and falls are the number one cause of injury-related deaths for people over the age of 65. Each year, 19,000 Americans die from slips and falls, and more than 8 million are treated in emergency rooms.

In Colorado, we have over 300 deaths from falls yearly, and an average of 9,000 hospitalizations

from falls for people over age 65. A fall can significantly limit a person's ability to remain healthy and self-sufficient, and older adults value their independence.

Fortunately, despite being labeled "accidents," many fall-related injuries and deaths are actually predictable and preventable.

There are four simple steps that can help to prevent injuries from falls:

- Physical activity to improve balance
- Evaluating medicines that might cause dizziness
- Getting a yearly eye exam, and
- Eliminating the hazards at home that could lead to slips and falls



[www.FallPreventionNetwork.com](http://www.FallPreventionNetwork.com)