



REDUCE YOUR RISK OF FALLS AND FRACTURES

In anyone with weak and fragile bones due to osteoporosis, even a minor fall from standing height can result in a broken bone.

Read on and learn how you can decrease your risk of falls by safe-proofing your home and becoming stronger and steadier on your feet.



Accidental falls are common. Thirty per cent of adults aged 65 and over fall annually and 10-15% will suffer injuries as a result¹. If you have osteoporosis falls prevention is especially important because your bones are fragile and could break easily, even as a result of a minor slip.

Don't let broken bones threaten your independence – take steps now to reduce your risk of falls.

FACTORS WHICH INCREASE YOUR RISK OF FALLS



Medical conditions and symptoms

- Dementia (Alzheimer)
- Fracture
- Delirium
- Stroke
- Neurological Conditions
- Diabetes
- Low Blood Pressure when standing after sitting or lying down
- Dizziness
- Foot problems
- Vision Impairment
- Muscle Weakness



Medications

- Certain medicines, including some used to treat anxiety, depression, other forms of mental illness, high blood pressure or to help sleep, or taking multiple medications



Other Factors

- Age
- History of falling
- Fear of falling
- Assistive devices
- Inadequate footwear
- Unsafe environment e.g. loose rugs in the home

DON'T LET THE FEAR OF FALLING STOP YOU IN YOUR TRACKS

Although it is good to be careful, excessive fear of falling can lead to inactivity and prolonged sitting, a cycle which eventually leads to increased falls risk.



A targeted exercise programme that improves your muscle strength and balance will help you reduce your risk of falling and give you confidence to stay active.

6 STEPS TO PREVENT FALLS

PREVENTING FALLS IS AN IMPORTANT WAY TO MAKE A POSITIVE DIFFERENCE TO YOUR BONE HEALTH, INDEPENDENCE AND QUALITY OF LIFE



Talk to Your Doctor About Falls Prevention

Mention any **previous falls**, whether you tend to **feel dizzy**, and review your prescription **medications** as they can contribute to falling, particularly if you take multiple medications.



Find a Good Exercise Programme

Exercise regularly, with attention to muscle-strengthening exercise and balance training.



Maintain Good Vision

Have your **eyes checked** at least **once a year**, and be sure to update your **eyeglasses** if needed. Be careful on stairs if wearing bifocals, and wear **sunglasses** if needed to reduce glare.



Maintain a Healthy Diet and Don't Skip Meals

Maintain a nutritious and **protein-rich diet**, and **don't skip meals** if you feel dizzy as a result.



Stay Steady On Your Feet

Wear **comfortable shoes** with **good support**, a broad heel and non-slip soles.



Fall-Proof Your Home

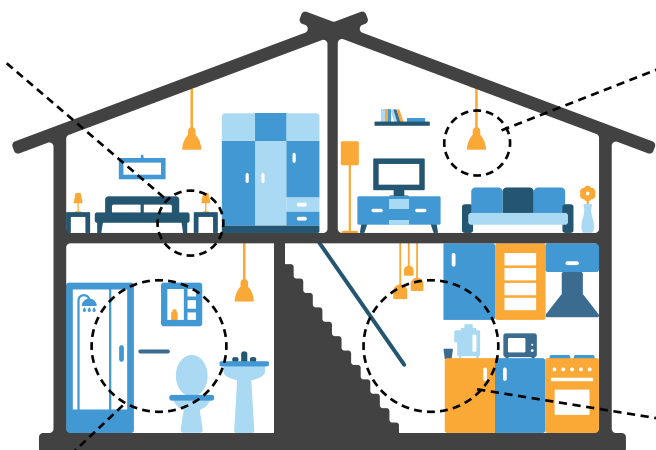
Remove obstacles and **use supports** (e.g. handrails) to prevent slips.

HOW TO FALL-PROOF YOUR HOME

PLEASE ASK FOR HELP FROM FAMILY, FRIENDS, NEIGHBOURS OR CARERS SO THAT CHANGES CAN BE MADE SAFELY!

- **Remove objects** you could trip over
- Ensure mats are firmly affixed, **repair loose carpet** or raised areas on the floor
- Move furniture out of walking paths
- **Be aware** of raised doorways and steps
- Use **non-skid floor wax**

- Install **handrails** by the bathtub or shower
- Have **non-skid mats** (and watch out for slippery, wet surfaces)



- Keep your home **well lit**, especially hallways, stairways, and outside walkways
- Add extra light switches or use lights triggered by **motion sensors**

- Always **hold on to handrails** and ensure they are stable and secure

- **Wipe up** any spills immediately
- Keep regularly used kitchen items at an **easy-to-reach level**

EXERCISE PROGRAMMES TO HELP YOU PREVENT FALLS

THE KEY TO **REDUCING YOUR RISK OF FALLS** IS TO MAINTAIN STRONG MUSCLES AND GOOD BALANCE. **EXERCISE SHOULD BE TAKEN AT LEAST 2-3 DAYS PER WEEK, WITH SPECIAL FOCUS ON BUILDING MUSCLE STRENGTH AND IMPROVING YOUR BALANCE**



Balance Exercise

Activities such as **Tai Chi, yoga or Pilates** are excellent for balance. Simple exercises like heel-to-toe walking or standing on one leg also help you **improve your balance**.



Muscle Strengthening/Resistance Exercise

These include activities where you move your body, a weight or some other **resistance against gravity**. Examples include using elastic resistance bands, **weights machines** or simply **standing and rising** onto your toes or standing from a sitting position.



Music-Based Multitask Exercise Programme

Senior eurythmic courses have been shown to **prevent age-related** physical decline in older adults.²

- **Participate in an Exercise Programme!**

Depending on where you live, you may be able to participate in exercise programmes offered by your **local osteoporosis society** or you can sign up for **training workshops** which are specifically designed for people with osteoporosis

- **Free online exercise guidance includes:**

Strong, Steady, Straight (Royal Osteoporosis Society – UK)³
Too Fit to Fracture (Osteoporosis Canada)⁴

TALK TO YOUR DOCTOR AND ASK FOR ADVICE

If you have osteoporosis or you fall frequently (more than once in the past year) be sure to discuss falls prevention with your doctor.

- **ASK** for advice about which specific things you can do to help prevent falls
- **ASK** for a review of your medications to see if any might increase your risk of falling
- **ASK** for an evaluation of your risk of falling



INTERNATIONAL OSTEOPOROSIS FOUNDATION
9 Rue Juste-Olivier CH-1260 Nyon, Switzerland • info@iofbonehealth.org
www.osteoporosis.foundation • www.worldosteoporosisday.org

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2. Hars M et al. Long-Term Exercise in Older Adults: 4-Year Outcomes of Music-Based Multitask Training. *Calcif Tissue Int*, 2014; 95:393-404
3. Strong, Steady, Straight: https://www.bgs.org.uk/sites/default/files/content/attachment/2019-02-20/FINAL%20Quick%20Guide_Strong%20Steady%20Straight_DEC18.pdf
4. Too Fit to Fracture: <https://osteoporosis.ca/health-care-professionals/clinical-practice-guidelines/exercise-recommendations/>