Do You Know the 3 Types of Accidental Falls Risk Factors?

**Health-Based Risk**
Related to medical problems in neurology, orthopedics, biomechanics, physiology and nutrition. Gait and balance problems, muscle weakness, chronic illnesses, vision problems and nutritional deficiencies.

**Environmental Factors**
Home hazards (ie: loose throw rugs, lack of railings and grab bars). Outside hazards (icy sidewalks, debris), or risky footwear. The environmental factors often require involvement of supportive family members.

**Fall Triggers**
Sudden or occasional events that cause a challenge to balance or strength (a strong dog pulling on a leash). Health-related events like the use of certain medications and excess alcohol, as well as physiological changes such as low blood sugar (hypoglycemia) in a person with diabetes, hypotension and electrolyte imbalance can also trigger falls.

Doctors of chiropractic (DCs) can help to improve balance, stability and range of motion, which optimizes health, manages joint pain and decreases an individual's fall risk. In addition, DCs can evaluate fall risk and recommend exercises and lifestyle changes to help prevent falls.

Every 15 seconds, an older adult is treated in an Emergency Department for injuries related to an accidental fall.

Every 29 minutes, an older adult dies from an accidental fall-related injury.

To find a DC near you, visit www.f4cp.org/findadoctor

Sources: National Council on Aging  |  David Radford, DC