May is Trauma Awareness Month

“Safe Steps for Seniors”

- One out of five falls causes a serious injury such as broken bones or a head injury.

- Each year, 2.5 million older people are treated in emergency departments for fall injuries. That equates to 1 older adult every 13 seconds.

- Over 734,000 patients a year are hospitalized because of a fall injury, more than 21,700 suffer fatalities.
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1 IN 3 OLDER ADULTS FALL EACH YEAR

1. Participate in regular physical activity for improved balance & coordination
2. Make your home safer by removing things you might trip over (books, cords, shoes)
3. Review your medications with your provider - some might make you feel dizzy or sleepy
4. Have your vision checked at least once a year - poor vision can increase your chance of falling

TAKING STEPS TO PREVENT FALLS

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www.amtrauma.org