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Falls Prevention Week

September 18-24, 2022

Tips and guidelines to help older adults prevent falls

www.hiprc.org/falls

FALLS PREVENTION WEEK
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Falls can be Prevented

Simple things you can do to keep yourself from falling

Ask your doctor

- To evaluate your risk for falling
- To review your medicines to see if any might make you dizzy or sleepy

Get your eyes checked

- Have your eyes checked at least once a year

Make your home safer

- Remove trip hazards
- Add grab bars to tub/shower and next to toilet
- Put railings on both sides of stairs
- Make sure your home is well-lighted

Source: NIH National Institute on Aging

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"Falls are the leading cause of injury in older adults. Talking with your doctor, getting your eyes checked, removing tripping hazards at home, and exercising regularly can all help reduce the risk of falling."

Kushang V. Patel, PhD, MPH
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Adjunct, Gerontology and Geriatric Medicine

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Aging-Adult Related Research

The **PACIFIC Study** is now recruiting. This study will test whether exercise plus education on aging and health or education about behavioral health **improves the ability to move and reduce pain.** All classes are held online*.

You may be eligible to participate if:

- You're 65 years or older
- Live in King County, WA
- Have a diagnosis of osteoarthritis
- Have knee pain that makes it difficult to walk or go up and down stairs
- Are willing to participate in virtual exercise classes and behavioral health or health education classes*

Apply today!

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