

Risk Factors for Falling

The following is a list of just a few of the things that can increase fall risk:

- Clutter
 - Being housebound
 - Living alone
 - Long pant legs
 - Loose rugs
 - Medical conditions
 - Medications
 - Poor lighting
 - Poorly fitting shoes
 - Slippery surfaces
 - Uneven floors
 - Unstable furniture
 - Using a cane or walker
 - Using stairs
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ADDITIONAL PHARMACY PROGRAMS

- Diabetes monitoring
- Blood pressure monitoring
- Cholesterol Screening & monitoring
- Medication regimen review
- Memory loss awareness
- Self-medication evaluation
- Educational services
- Injections & Vaccinations



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**PLAZA PROFESSIONAL
PHARMACY**

A Fall Prevention Program



**Serving the Richmond
Community**

The Facts About Falling

About 1/3 of all Americans aged 65 and older fall each year. Falls are the leading cause of injury related emergency room visits and the most common cause of accidental death in this age group.

Falling is not just an affliction of the frail. Falls become more frequent with age in both men and women and all ethnic groups. An important fact to remember is that those who have fallen once are more likely to fall again.

As falls become more frequent, each fall may come with a higher price. About 1 in 10 falls results in serious injury. Fractures of

the hip, spine and forearm are the most common. Another important fact of note is that the more serious the injury is, the more difficult it is to recover from. The shocking truth is that about 1 in 4 people who break a hip die within one year.

The good news is that falls are preventable. It's important to recognize your own risk factors. Once you know what puts you at risk, you can begin to make changes.

Community Fall Program

Our pharmacists have developed a program to help prevent falls among our patrons.

The program is designed to identify your specific risk

factors through a private interview including: a complete medication review, memory screening, balance and walking tests and a check for high or low blood pressure.

Once your risks are identified, we will construct a personalized plan to reduce your risks. This may include contacting your doctor or other health care provider to discuss our recommendations.

We will even follow-up with you for 6 months to check your progress and make additional recommendations if needed.

If you have any questions about the program or want to make an appointment, just call or stop by our pharmacy or our new pharmacy clinic located in the Mall area of Imperial Plaza.