

Home Safety Checklist

Stairs and steps

- Light switches at top and bottom of stairs
- Good lighting
- Handrails
- Clutter-free
- Nonslip treads or secure carpeting

Bathroom

- Grab bars
- Slip-resistant rugs
- Night lights
- Shatter-proof shower enclosure

Living Areas

- Clear pathways
- Light switches at room entrances
- Secure loose rugs

Kitchen

- Secure loose rugs
- Stable stepstool with handrail
- Nonskid floor wax

Source—Information for this brochure was taken from the American Academy of Orthopaedic Surgeons Website.

http://www.orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=25&topcategory=Hip

You May Be at Risk for a Fracture

Patient Brochure



You may be at risk for a fracture.

In 1999, hip fractures caused 320,000 hospitalizations in the U.S. Due to the aging population, the number of hip fractures is expected to climb to 650,000 by 2050. People 65 and older account for 90% of hospitalizations for hip fractures. Women have a 1 in 7 chance of having a hip fracture, while men have a 1 in 17 chance. The National Osteoporosis Foundation reports 35,700 deaths each year from complications resulting from hip fractures

There are a variety of common factors which make a person vulnerable to a hip fracture, including:

- Age
- Gender
- Heredity
- Mental impairment
- Nutrition
- Osteoporosis*
- Personal habits
- Physical impairments
- Weakness and dizziness

* Osteoporosis means “porous bone.” Osteoporosis develops when bone is absorbed faster than it can be remodeled, making bones brittle.

Falls are the leading cause of fatal and nonfatal injuries in people 65 and older in the United States. The most common injuries are head, wrist, spine and hip fractures.

The American Academy of Orthopaedic Surgeons (AAOS) suggests the following helpful tips to reduce the risk of injury by a fall.

Get Exercise

Inactivity weakens the body while exercise makes it stronger. Exercise can improve mobility and balance and reduce joint and muscle pain. Regular exercise slows the loss of muscle mass and the rate at which bone weakens. Moderate activity of 30 minutes a day provides health benefits.

Examples include:

- a brisk walk
- working in the yard
- bike riding
- walking the fairways when golfing
- washing and waxing the car

Make Your Home Safer

Falls are more likely where it is slippery or where lighting is poor. Be sure your home is well lit and free from clutter. Secure any loose rugs and clean up after spills.

See the Home Safety Checklist for additional suggestions.