

A NEWSLETTER FROM



PHARMACIE  
MEDICAL ARTS  
PHARMACY

*Where aging well means everything*



## Fall is a good time to think about falls prevention

Public education to help prevent the elderly from falling inside the home has been successful but new studies point to a misstep. There's not enough education about preventing falls outside.

For example, in one study, up to **72 per cent of outside falls** occurred among middle aged adults. That means people in their 40s, who were more likely to be **men** who described themselves as **fast walkers**. And beyond the flesh wounds, head injuries and fractures these victims experienced, many say they have fears about falling again.

Research also shows that:

- **Indoor falls** are more likely to be associated with inactivity and a greater number of health problems, while
- **Outdoor falls** are more likely to be associated with higher levels of activity and average or better-than-average health.





# So, what to do about falls prevention?

## A shortlist for indoor prevention:

- Consult your pharmacist about ways to make your home safer
- If you take medication, sit down with your pharmacist for a Medscheck

## A shortlist for outdoor prevention:

- Consult your pharmacist about possible ways to help you outside
- Choose footwear designed for the season
- Consult your optometrist about wearing single vision glasses
- Be cautious around curbs and stairs
- Avoid looking at your cellphone while walking
- Be aware that parking lots and garages rank as common fall locations



PHARMACIE  
**MEDICAL ARTS**  
PHARMACY  
*Where aging well means everything*

30 13th Street  
**613-933-0670**

or

173 Montreal Rd.  
**613-932-6501**

