

# SAND RUN PHARMACY

## April 2018 Newsletter

### Preventing Falls!

Falls are the leading cause of fatal injuries and the most common cause of nonfatal trauma-related hospitalizations among older adults. Although falls are common, falls are not part of the normal aging process! Falls can lead to broken bones, injuries, a decrease in mobility, and independence. Falls are preventable!

Vision loss, hearing loss, decreased muscle mass, and joint pain that commonly accompany the aging process can put you at an increased risk for falls. Take the self-assessment to on the back to evaluate your risk.

**Just remember the three H's: home, health, habits.**

Making changes to the three H's can help you prevent falls.

#### Home

- Remove clutter and rugs
- Increase lighting
- Install grab bars in the bathroom

#### Health

- Talk to your pharmacist or doctor about your medications to see if they increase your risk
- Visit Sand Run Pharmacy on Tuesday, April 3rd or Friday, April 6th from 10am-2pm to go over your medications with our pharmacists!
- Take the fall risk assessment on the back!

#### Habits

- Stay active
- Try exercises that help improve balance
- Slow down
- Stay hydrated



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**Preventing Falls...  
One Step at a Time**



# Upcoming Events

**Tuesday, April 3rd & Friday, April 6th**— Fall Prevention Event at Sand Run Pharmacy from 10-2pm. Take the self assessment below! Bring the completed assessment and your medications into our pharmacy on either day to discuss your medications and fall risk with our pharmacists!

**Saturday, May 19th**— Senior Summit 2018. A senior expo open to the public at the Firestone Community Learning Center. Saturday 9-3pm. See you there!



**SHINGRIX**  
(ZOSTER VACCINE  
RECOMBINANT, ADJUVANTED)

*Protect yourself against Shingles!*

Shingrix is a new vaccine that is 90-97% effective in preventing shingles. Shingrix is recommended for anyone 50 or older!

Spring has arrived and so have allergy symptoms! Talk to one of our pharmacists



**Take the Falls Self-Risk Assessment below and bring to our Fall Prevention Event!**

## Falls Self-Risk Assessment

(From Ohio Department of Aging)

Check the box next to each statement that applies to you.

- I have fallen in the past year (2)
- I use or have been advised to use a cane or walker to get around safely (2)
- Sometimes I feel unsteady when I am walking (1)
- I steady myself by holding onto furniture when walking at home (1)
- I am worried about falling (1)
- I need to push with my hands to stand up from a chair (1)
- I have some trouble stepping up onto a curb (1)
- I often have to rush to the toilet (1)
- I have lost some feeling in my feet (1)
- I take medicine that sometimes makes me feel light-headed or tired (1)
- I take medicine to help me sleep or improve my mood (1)
- I often feel sad or depressed (1)

Add up points of each checked item. Points are listed in parentheses ( ).

If you scored **4 or more**, you may be at a higher risk for falls. Share with your doctor!

What is the license plate number of the Sand Run Pharmacy delivery vehicle?

Answer: 89 RX (The year Meg & Tom started at SRP)