



# SAND RUN PHARMACY

November 2019 Newsletter

## While the leaves may be falling down, let's keep you standing up!

Risk of falling is one of the biggest worries for elderly people. Fall is the major cause of fatal and non-fatal injuries to people who are 65 and older. Often times medications, poor lighting, improperly fitted shoes, and environmental hazards can pose a risk for falling. It's crucial to periodically analyze any possible risk for falling that may be present in you or your loved one's life.

Falls can cause bone fractures (hip or wrist are most common), head injury, and other complications. Falling can cause an individual to be fearful to walk, and feelings of depression and anxiety are common afterwards as well. Often times, fall victims may try to avoid doing their normal daily activities, due to their anticipated fear of stumbling.

### Tips and Strategies to Avoid Falling:

- Falls are not a normal part of aging! Falling is typically an indicator that something is wrong.
- Review medications with your physician or pharmacist to see if anything you're taking may be contributing to fall risk. Don't forget about over-the-counter medicines! Here are some common offenders:
  - **Diphenhydramine**(Benadryl, Tylenol PM)
  - **Benzodiazepines: Alprazolam**(Xanax), **Clonazepam**(Klonopin), **Diazepam**(Valium), **Lorazepam**(Ativan)
- **Declutter!**
  - Less is more...clutter can cause you to trip and lose your balance. Do everything possible to maintain clear walking path in your home, garage, and yard for safety.
- Utilize **railings** on stairs and grab bars in bathrooms near both the toilet and bath/shower.
- Check your vision regularly. Keep up-to-date on eye doctor appointments.
  - **Always utilize glasses or contacts if you wear corrective lenses.**
- Take **vitamin D** and **calcium supplements** to help support strong bones.
  - Studies have shown that by taking at least **800iu of vitamin D per day** can decrease a person's risk of falling.

## Easy Home Modifications TO PREVENT FALLS

**Install Handrails**  
along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.



**Use nonslip mats and treads**  
to help improve traction on bathroom floors, shower, bathtub, outside decks, and outside steps.

**Falls are the leading cause of injuries** among older adults, sending more than two million people to the emergency department each year.



**Improve lighting.**  
Make sure you have adequate lighting in hallways, stairways, and outdoor walkways, and areas in which you're likely to walk in the middle of the night.



**Install grab bars**  
near showers, bathtubs, and toilets. Avoid grab bars that "stick on" to shower tiles with suction, which are less reliable than metal grab bars attached to wall studs.

**Many of the fall hazards are right in our own homes, and a few inexpensive changes could lower your fall-risk.**



**Inexpensive fixes.**  
Remove all floor clutter. Rearrange furniture so that it works well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.



**Repair steps and flooring.**  
Repair crumbling outdoor steps, loose wall-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.



For other strategies and tips to avoid falls, check out "**Preventing Falls**," the online guide from Harvard Medical School.

[www.health.harvard.edu/fall](http://www.health.harvard.edu/fall)

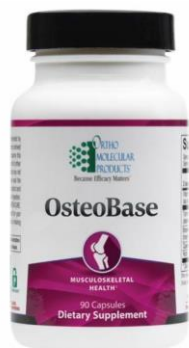


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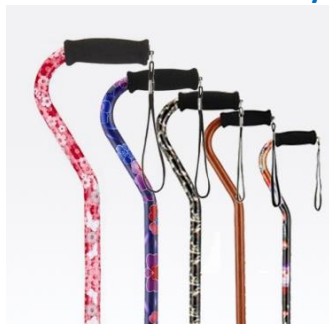
### Consider Trying OsteoBase by Orthomolecular:



OsteoBase provides 300 mg of calcium and 300mg of magnesium per serving. Calcium is well-known for its role in formation of bones and teeth, but it also plays a role in heart and muscle function by governing muscle contraction. Magnesium is a constituent of bone and facilitates potassium and calcium uptake. Magnesium enhances the absorption of calcium and allow muscles contract and relax. Combined, these minerals maintain an intricately linked relationship to keep you healthy.

**Don't be shy with mobility assisting devices such as canes, walkers, and transport chairs. It's better to have one and not need it rather than need one and not have it.**

#### Canes – assorted variety:



Walkers:



#### Transport Chairs:



Shower Chairs:



### Flu Shots Still Available!



Stop in anytime for your flu shot, no appointment necessary. **Most insurances accepted, often times with a \$0 copay!** Everyone 6 months and older should receive an annual flu vaccination. Here at Sand Run

Pharmacy, we can vaccinate anyone 7 years of age and older.

### Events and Special Pharmacy Hours:



**Monday November 11<sup>th</sup>** - Veterans Day, pharmacy open 9 am – 7 pm

**Thursday November 28<sup>th</sup>** – Thanksgiving, pharmacy closed for the holiday



**Friday November 29<sup>th</sup>** – Open regular hours, 9 am – 7 pm

**Saturday November 30<sup>th</sup>** – Small Business Saturday! Shop small, shop local! Support your favorite small businesses in the community.

