



A MINUTE OF HEALTH WITH CDC

Adult Falls

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This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Unintentional falls are a common cause of injury in older adults. In 2003, nearly fourteen thousand seniors died and over one and a half million were treated in emergency rooms after falling.

Researchers at CDC have found that the fatality rate for seniors has increased over the last decade. Men are more likely to die from falls, while women are more likely to be seriously injured.

Women are also more likely to fracture their hip and require hospitalization. This is because older women are often affected by osteoporosis, a disease that causes bones to weaken.

To decrease your chances of falling, it's important to exercise regularly and to have a doctor review all your medications. Ensure your home is as safe as possible and free of tripping hazards. Poor eyesight increases your risk of falling, so make sure you get your eyes checked annually.

Be sure to join us next week on A Minute of Health with CDC.

To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.