

## Ways to prevent falls

- Install handrails on staircases and in showers/bathtubs
- Keep items off the floor
- Clear away loose cords
- Use non-slip mats in showers and bathtubs
- Add more lighting
- Declutter your home environment
- Know the side effects of the medications you take
- Get regular eye exams
- Exercise regularly
- Wear shoes with good traction
- Improve diet
- Keep emergency numbers near phones
- Wear an emergency or life alert alarm.



## Osteoporosis recommendations

- Calcium 1200-1500 mg per day, in three divided doses. This is total dietary intake and supplements.
- Vitamin D3: 1000-2000 Units daily
- Bisphosphonates taken once weekly
- Prolia SQ injection every 6 mo
- Reclast is a once yearly IV infusion at hospital takes about 30 min.