

## Preventing Hip Fractures

### KEEPING YOUR BONES STRONG

As we age, our bones lose density and strength and become more susceptible to fractures. This is especially true for women. Calcium and Vitamin D can help minimize the risk of osteoporosis.

### EXERCISE

Weight-bearing exercises can help keep your bones healthy and keeps your muscles strong. This can help prevent falls, which are the most common cause of hip fractures.

### SAFETY AT HOME

Take steps to ensure that your home is safe from objects that can trip you and contribute to a fall. This is especially true in the bathroom – install grab bars and use nonslip mats.

### AVOID DANGEROUS SITUATIONS

Don't engage in risky activities. Strenuous activities, climbing, carrying heavy objects, or walking on icy or wet surfaces can increase your chance for a fall.

### ASK ABOUT SIDE EFFECTS

Educate yourself about any possible side effects of medications you are taking. Drugs that can cause dizziness or weakness may make you more likely to fall.

### VISIT YOUR DOCTOR

Your ophthalmologist can help you maintain healthy vision, which can prevent falls. Be sure to see your doctor regularly. If you have osteoporosis, your doctor may prescribe medications to strengthen your bones or prevent additional bone loss. Your doctor can give you further advice based on your age, overall health and lifestyle.



