

# Protecting yourself from falls

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# Super G Team



## is EVERYONE's Responsibility!

- Saves money
- Patients want:
  - to stay in community home
  - independence
- Kids want independent parents



- The biomechanics of balance
  - Brain
  - Vision
  - Ear
  - Blood pressure
  - Muscles
  - Proprioception (the sensation of our body in space)
  - Skin sensitivity
  - Environment



## visual

Spatial, motion and depth perception  
Eye coordination  
Stable Gaze  
Clear Vision



## brain

The brain receives the information processes it, sorts it, and integrates it.



## vestibular

Rotational movement  
Linear movement  
Equilibrium  
Gravity



## proprioception

Sense of body positioning  
Joints  
Muscles  
Skin



Brain sends impulses to the muscles that control movement, to coordinate posture and balance.



## balance

Balance is maintained by the complex system of sensory inputs and motor control.

## Look for weak spots in your system

- Brain:
  - Alcohol
  - Medications
    - Brain fog
    - Low blood pressure
    - Balance risk



- Vision:
  - Double vision,
  - blurry vision,
  - Light sensitivity/ impairment

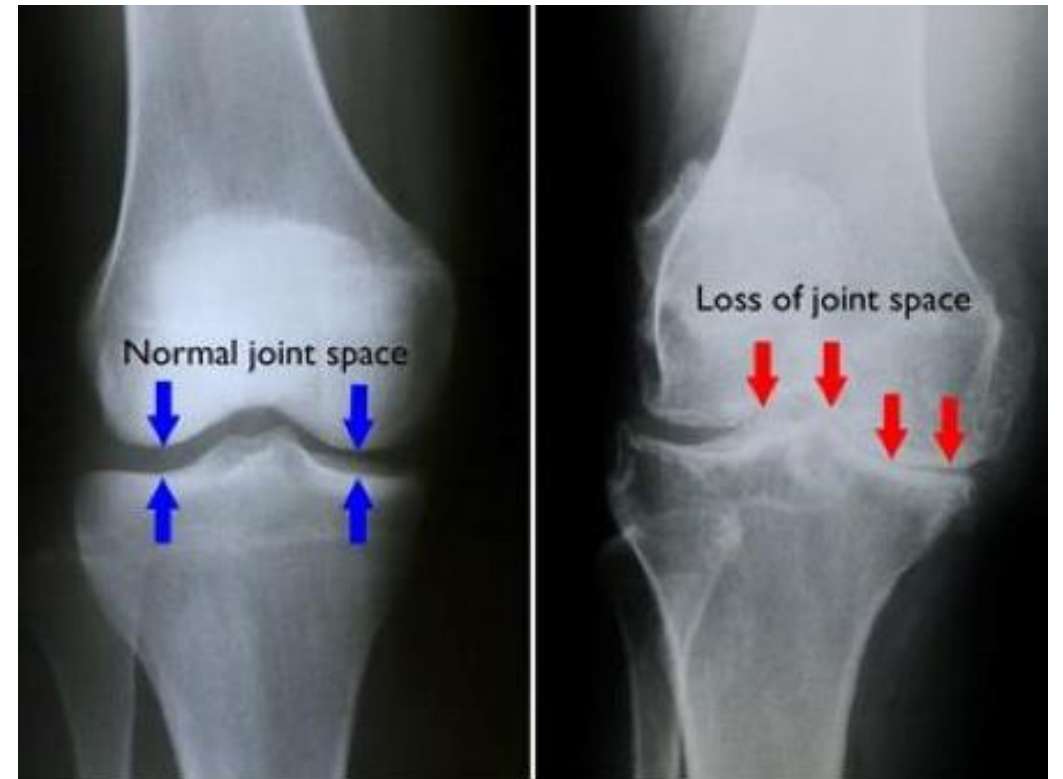


- Internal balance center
  - Vertigo
  - Medications
- Low blood pressure
  - Medications
  - *DEHYDRATION*
  - Swelling





- Chronic pain/Arthritis
  - Control pain
  - Watch for medication side effects



- Urinary symptoms
  - Avoid and treat urgency
  - Design nights with safety in mind



- Environmental controls
  - Avoid unstable ground
  - Avoid small rugs
  - Low tables
  - Uncontrolled pets
  - Roller chairs
  - Ice/Snow
  - Handrails



# Preventing Falls - Offensive

- Physical Activity
  - Cardio
  - Stretching
  - Strength
  - Balance





- Thank you!
- Questions?