



LET'S THINKFIRST® TO

PREVENT FALLS

Monday, April 7th at 3pm
Auditorium

Speakers: Kena Kuwera, PT, DPT and Rachel Krug, Community Health Specialist will join us from the Center for Injury Prevention & Policy, UMR Adams Cowley Shock Trauma Center, University of Maryland

- FALLS ARE THE **LEADING CAUSE OF ADMISSION** TO SHOCK TRAUMA.
- 1 IN EVERY 5 FALLS RESULTS IN A **SERIOUS INJURY** SUCH AS A **BRAIN INJURY** OR A **BROKEN BONE**.
- FALLS ARE **NOT** A NORMAL PART OF THE AGING PROCESS.

The R Adams Cowley Shock Trauma Center is committed to keeping Marylanders safe.

Attendees learn the essentials of fall prevention, tips for talking to your doctor, ideas for home modifications, strategies for medication management, and exercises.

There are many factors that might increase your risk of falling.

How many of these apply to **you**?

- Age > 65
- Chronic pain
- Fear of falling
- Arthritis
- Substance use
- Diabetes
- Medications
- Low vitamin D
- Blood disorders

Questions?

Contact Ann Patterson at apatterson@broadmead.org or 443-578-x8004.

R ADAMS COWLEY
SHOCK TRAUMA
CENTER



UNIVERSITY of MARYLAND
MEDICAL SYSTEM