

# SAND RUN PHARMACY

September 2023

## Fall Prevention

Making small changes in your home can prevent falls resulting in serious injuries and emergency department visits. This checklist is easy to follow and can make all the difference for your own or a loved ones safety!

### Floors and Living space:

- ✓ Move furniture so that your path is clear when walking throughout or between rooms
- ✓ Remove rugs or use double-sided tape or a non-slip backing rug
- ✓ Pick up objects that are on the floor or stairs to keep spaces free from tripping hazards
- ✓ Tape cords or wires to the wall so you can't trip over them
- ✓ If you must use a step stool to reach things, get one with a bar to hold on to, and never use a chair as a step stool

### Bathroom:

- ✓ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower
- ✓ Put in grab bars inside the tub and next to the toilet

### Bedroom:

- ✓ Place a lamp close to the bed where it's easy to reach to prevent walking in the dark
- ✓ Or use a night-light to see if you wake up at night

### Other Things you can do to Prevent Falls:

- ✓ Exercising regularly improves your balance and coordination
- ✓ Ask your pharmacist or doctor if any medications you take can make you sleepy or dizzy and know which ones those are
- ✓ Have your vision checked once a year by an eye doctor
- ✓ Get up slowly after you've been sitting or lying down
- ✓ Wear shoes both inside and outside the house
- ✓ Improve lighting in your home such as getting brighter bulbs (fluorescent)
- ✓ Put a phone near the floor in case you fall and can't get up
- ✓ Keep emergency numbers near each phone
- ✓ Think about wearing an alarm device

## **Don't Forget!**



Flu vaccination is recommended by the CDC to be administered annually for all persons older than 6 months. Stop in or make an appointment any time to get your flu shot!



## **Labor Day Closure**

The pharmacy will be closed on September 4<sup>th</sup> for labor day!



## **Ortho Molecular Product Spotlight - OsteoBase**



Calcium and vitamin D are important mediators in bone growth and musculoskeletal health. OsteoBase includes 300 mg of elemental calcium and 1000 IU of vitamin D3 to maintain healthy vitamin D levels, immune health and proper calcium storage. Also included is vitamin K2, magnesium and phosphorus which are also important in the foundation of bone health. This well-made OsteoBase formula ensures maximum absorption for bone health for all ages and is available in the vitamin section at Sand Run Pharmacy!

## **Fall and Fall Prevention Word Search**

H	Z	W	L	L	U	I	S	K	G	H	F	J	R	I
A	M	N	V	L	Q	D	M	O	T	W	A	N	Y	S
T	S	E	V	R	A	H	B	N	L	D	L	S	T	N
D	I	Z	Z	Y	S	B	E	I	N	S	L	E	D	O
S	O	H	E	L	T	V	T	B	T	L	P	K	F	I
B	C	T	E	A	E	D	S	O	W	I	E	C	M	S
Y	G	V	V	R	I	R	Y	R	O	P	D	L	E	I
A	H	X	P	B	V	O	E	G	Q	F	N	Q	G	V
E	N	C	P	W	N	K	N	Q	N	Q	P	I	H	F
U	C	R	E	R	L	I	S	M	M	H	A	J	Y	D
G	U	N	O	E	T	B	A	J	U	P	Z	H	A	U
U	D	J	A	H	L	P	V	R	T	N	F	M	L	B
K	L	V	G	L	N	U	M	K	U	L	O	O	T	S
K	E	I	O	K	A	H	L	C	A	Z	S	N	R	U
S	L	J	Q	I	L	B	C	T	Z	U	O	N	V	A

*The first person to return a completed word search will win a Cuyahoga Valley nature calendar!*



Autumn	Balance	Dizzy
Fall	Football	Harvest
Leaves	Lighting	Step
Prevent	slip	
	Vision	

