

*WELCOME to the Kalos Corner Quarterly Newsletter.
We hope each edition will provide information and knowledge to help improve your quality of life.*

HOW TO PREVENT A FALL

Millions of people aged 65 or older fall every year. Falling is a huge risk, especially if you've already fallen before. Falls can cause serious injury, hospitalization, and trauma. It's important to reduce your risk of falls.

WHAT CAUSES A FALL?

- Vision problems
- Bad footwear or foot pain
- Deficiencies in Vitamin D
- Home hazards like unsecured rugs or broken/uneven steps



WHAT CAN HAPPEN AFTER A FALL?

- Head injury
- Broken bones
- Fear of falling

HOW DO I PREVENT FALLS?

- Talk to your provider. Your provider can help evaluate your risk, review your medicines, and make sure your Vitamin D levels are healthy.
- Physical activity is great to help prevent falls. Make sure your exercises help strengthen your legs and improve balance. Tai Chi is a great low-impact exercise that helps reduce your risk.
- Visit your eye provider. An annual vision test makes sure your eyes are cared for to help you see where you're walking!
- "Fall-proof" your home. Make sure there is nothing you can trip on. Add grab bars to your tub, shower, and toilet. Make sure your stairs have railings on both sides and that your home is very bright.

I'VE FALLEN, NOW WHAT?

- If you are hurt and need immediate assistance, call 911.
- If you don't feel hurt, make sure to visit your provider as soon as possible. You want to be sure there are no possible injuries that you may not see. Your provider can also help you figure out how to avoid falling again. While these tips may not completely avoid a possible fall, following them can seriously reduce your risk of injury or hospitalization from falling.

Source: cdc.gov



Taking an active role in your health is a big part of staying healthy. The first step to taking an active role in your health is making an appointment with your doctor for your annual checkup.

Yearly checkups can help your doctor identify health issues early, as well as discuss which screenings and exams are right for you, and when you need them. Your age, health and family history, lifestyle choices and other important factors impact what and how often you need healthcare.

Make sure to make a list of questions or concerns you may have for your doctor during your visit. You may ask you about:

- Body or skin changes.
- Any pain you may be having.
- Problems with urine or stool.

Always be honest with your doctor, even if you haven't been taking your medication as directed.

Source: cdc.gov

HEALTHY RECIPE



The next time you are in charge of bringing dip to the party, keep it healthy with this recipe for Baby Carrots and Spicy Cream Dip! It's a quick, budget-friendly snack perfect for any occasion.

INGREDIENTS

- 1/3 cup fat-free sour cream.
- 3 Tablespoons reduced-fat tub-style cream cheese.
- 3/4 teaspoon hot pepper sauce
- 1/4 teaspoon salt
- 48 baby carrots

INSTRUCTIONS

1. Stir the sour cream, cream cheese, pepper sauce and salt together until well blended.
2. Let stand at least 10 minutes to develop flavors and mellow slightly. Serve with carrots.

Source: diabetes.org

ALLERGIES

Seasonal allergies are back in full effect with springtime. Allergens such as pollen, mold, trees, weeds, and grass can bother your allergies. These symptoms start in February and can last until the summer, sometimes even the fall.

It is important to figure out what causes allergy attacks so that you can avoid them.

You can reduce your risk by:

- Avoiding what triggers your allergies.
- Keep the allergens out of your home by showering and changing your clothes when you get home.
- Eating a healthy diet and staying hydrated.

Speak with your doctor if you have allergy symptoms. They can help you find the best treatment for your allergies.

Source: *American College of Allergy, Asthma & Immunology*

MEDICATION ADHERENCE

Did you know more than 80% of American adults take at least one medication? The right medication can do a lot of positive things for your health if they are taken correctly. The same medication can also do harm if you don't follow the directions properly. It is very important to follow your doctor's directions regarding your medication.



Adults 65 years and older are twice as likely as others to visit the E.R. due to prescription medication emergencies. Here's how to avoid problems with your medication:

- Follow the directions on the medicine label carefully.
- If you don't understand the directions, ask your doctor, nurse, or pharmacist to explain them to you.
- Keep a list of all the medicines and vitamins you use and share this information with your doctor.
- Store your medicines in a cool, dry place where children & pets can't see or get to them.

Ask questions to help you understand. To use a medicine safely, you need to know:

- What the medicine is.
- Why you are using the medicine.
- If there are any medicines you shouldn't take with the one you're prescribed. It's important to keep taking your prescriptions until your doctor says that it's okay to stop, even if you are feeling better.

Source: cdc.org