

HOW SENIORS CAN PREVENT FALLS

A dozen simple tips



out by cleaning crews. Whenever possible, stay on runners made of carpet or rubber.

■ Even at home, always wear supportive low-heeled shoes. Don't walk around in stocking feet, bare feet or slippers. A

stunned toe can cause a tumble.

■ At home, eliminate clutter, especially on floors. A stack of magazines can become a health hazard when you're hurried or distracted.

■ Use bright lights everywhere

so you can see paths clearly.

■ Make sure all your area rugs and stair rugs are either tacked to the floor or have skid-proof backing.

■ Don't string appliance wires, especially extension cords, across your path where you can get tripped up.

■ Always use a rubber bath mat in your shower or tub.

■ Just in case, have a loved one or a friend check on you every day. You need regular social contact, especially with family members, to keep your wits sharp.

to THIN folks

While MDs give their plump patients equal time, their bedside manner is nowhere near as pleasant as it is to normal-weight people because they feel fat folks aren't doing enough to help themselves, say researchers at Johns Hopkins University School of Medicine.



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