



APRIL 2014 SENIOR NUGGET

~ ~ ~ ~ Protect Your Bones ~ ~ ~ ~

- Make a list of your medications, have health provider review it for meds that cause bone loss or balance issues.
- Get eyes examined - make sure you're seeing clearly so you can see where you are going.
- Get a grip. Use railings and banisters when going up and down stairs.
- Light up! Always turn on lights before entering a room, so you don't trip on anything. Keep night lights on, especially in hall and bathrooms.
- Swear off crash diets - They deplete you of nutrients and vitamins your bones need. Being underweight increases your risk of breaking a bone.
- Get support! If your balance is poor, don't be afraid to use a cane - even if it's just around the house or to go up and down stairs, to avoid unnecessary tumbles.

TIPS

Exercise wisely - jogging is great, but may not be right for you! Ask your health care provider what activities should be avoided and what you can safely do.

Lessen your load - when lifting bags with handles, distribute the weight evenly; hold bags as low as possible.

Purge shoes - separate shoes that need resoling; toss shoes that make you wobble, slip, lurch, or that hurt your feet!

Keep phone near - no need to rush to answer calls.

Pets - put bells on cats/dogs to hear them coming!

Check your bags - get help with grocery bags that can throw you off balance; get help with luggage!

Remember the 500-mg rule: That's the most calcium your body can absorb at one time.



**HAPPY BIRTHDAY TO ALL
CELEBRATING AN APRIL BIRTHDAY**