



APRIL 2016 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 - avoid unnecessary tumbles

- **Exercise Wisely** - jogging is great, but may not be right for you! Ask your provider what activities should be avoided and what can you 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** -avoids need to rush to answer calls
- **PETS** - put bells on cats/dogs to hear pet(s) 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**