

[IMAGE]

Fewer Drugs, Fewer Falls

By Editorial Staff

Anyone can suffer a fall at any time, but as we age and our balance declines – particularly if we don't maintain a healthy weight, strong bones, flexibility, etc., our fall risk can rise exponentially, as can our risk of suffering a health-threatening fall incident.

Now combine that increased risk with opioid use – prescription pain relievers that, despite clear recognition within the health care community of their dangers, continue to be overprescribed, overused, misused and abused. The result: an even higher risk of suffering a serious fall event for seniors.

In fact, among 3.2 million people who started opioid treatment, risk of experiencing a serious fall was higher among adults of all ages, but particularly older adults, with risk increasing significantly with age – and within the first 28 days of opioid use.

The take-home message: Avoid opioids and reduce your fall risk, pure and simple. If you're experiencing pain, your first visit should be to your doctor of chiropractic for effective care that doesn't include medication or surgery. Chiropractic *and* no drugs? That's a win-win for your health and wellness.

Fewer Drugs, Fewer Falls - Copyright © Stock Photo / Register Mark

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=3260&no_paginate=true&no_b=true