



# Outreach of the Month: Fall Prevention: Patient Safety

Information for Your Patients

February 15, 2017

Volume 5, Number 2

## In This Issue

Gaps in care  
Outreach  
topic: Fall  
Prevention: Patient  
Safety

### Follow the Link:

Facebook  
UOP website

### Helpful Links:

Link 1

### Contact Us:

18800 Hubbard Drive,  
Ste. 200  
Dearborn, MI 48126  
313-240-9867  
<http://www.uopdocs.com>  
[nada@uopdocs.com](mailto:nada@uopdocs.com)

## **Patients of all ages can impact their health from falls or injuries.**

### **What Conditions Make You More Likely to Fall?**

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems

### **Talk to Your Doctor**

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to review your medications to see if any might cause drowsiness. This should include both prescription and over-the-counter medications.
- Ask your doctor or healthcare provider about taking vitamin D supplements.
- Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.
- If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

---

**UOP: Focuses on the delivery of high quality healthcare and honors commitments to our providers, patients, and our participating health plans.**