



Leaves
are supposed
to fall.
People aren't.

Written by Francisco J. Torres, M.D.

October 2017

Fall facts

Falls threaten senior Americans' independence and safety, and generate enormous economic and personal costs that affect everyone. Every second of every day in the United States an older adult falls. Which makes falling, the number one cause of injuries and deaths for people 65 and older. There were 29 million reported falls in 2014 among Americans 65 and older. Approximately 10 thousand Americans turn 65 every day and sadly due to the aging population falls are expected to increase a staggering 65% in the next 10 years to almost 50 million falls per year.

Am I at risk for falls?

Fall risk factors are categorized as intrinsic or extrinsic

Intrinsic (Natural reasons)	Extrinsic (Environmental reasons)
Advanced age	Lack of stair handrails
Previous falls, with or without prior injury	Poor stair design
Muscle weakness, particularly of the legs	Lack of bathroom grab bars
Gait & balance problems	Dim lighting or glare
Poor vision	Obstacles & tripping hazards
Blood pressure changes with posture	Slippery or uneven surfaces
Chronic medical conditions* including Arthritis, Diabetes, Stroke, Parkinson's, Incontinence, Dementia	Some medications either prescribed or over the counter
Fear of falling	Improper use of walk assistive devices

Five steps to prevent a falls

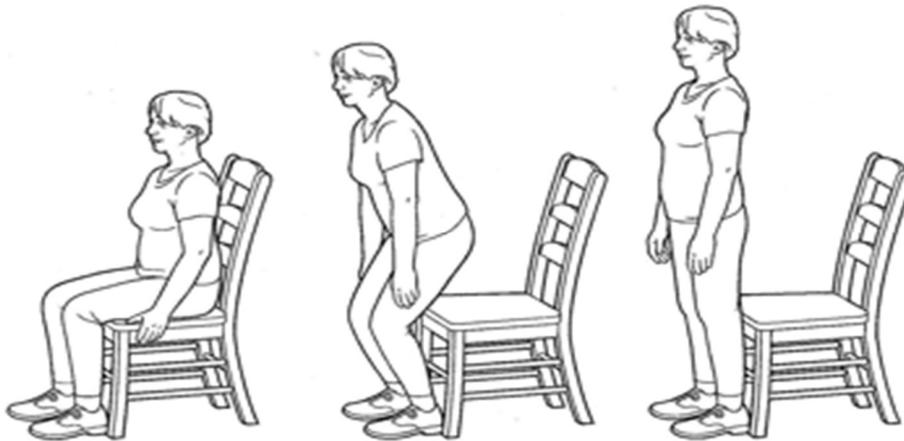
1. Talk to your healthcare provider about falls and fall prevention. Tell your doctor if you have had a recent fall. Although one out of four older Americans falls each year, **less than half tell their doctor.**
2. Ask your pharmacist or doctor about prescription and over the counter medications that may make you more likely to fall.
3. Have your eyes checked by an eye doctor once a year. Update eyeglasses as needed.
4. Participate in evidence-based programs (**like Tai Chi**) that can improve your balance and strengthen your legs. Simple home exercises can also help (**like Chair Rise Exercise**).
5. Make your home safer by getting rid of fall hazards. (rugs, loose carpets, electric cords, and wood floorboards that stick up)

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Chair Rise Exercise



What it does: Strengthens the muscles in your thighs & buttocks.

Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent & feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back & neck straight & chest slightly forward.
3. Breathe in slowly. Lean forward & feel your weight on the front of your feet.
4. Breathe out & slowly stand up, using your hands as little as possible.
5. Pause for a full breath in & out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.

Repeat 10 - 15 times. If this number is too hard for you when you first start practicing this exercise, begin with less repetitions 3 - 5 times, and work up to this number.

Rest for a minute & then do a final set of 10 -15.

QPIC Corner

Value of a Primary Care Physician

- Improves the Quality of care and reduces costs to the employee
- Coordinated Care
- Wellness and Disease Prevention
- Personalized Care Plans





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Healthy Corner Recipe
Healthy Heart
American Heart Association

Apple Nachos

Serves 6, Prep time and total time 12 minutes

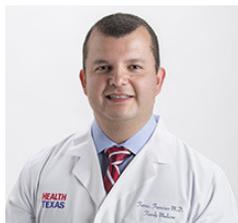
Ingredients:

- 1/3 cup dried, unsweetened cranberries or raisins
- 1/4 cup sliced almonds (unsalted)
- 2 Tbsp hulled, unsalted sunflower seeds
- 3 red or green apples, cored and thinly sliced into about 12 pieces each
- 1-2 tsp lemon juice
- 2 Tbsp water
- 1/4 cup reduced-fat, smooth peanut butter
- 1 Tbsp honey



Directions:

1. In a small bowl, combine dried cranberries/raisins, almonds, and sunflower seeds
2. Core each apple and thinly slice into 12 pieces each. Layer half the apples onto a large plate or platter. If the apple slices will be sitting out for a while, sprinkle a little lemon juice over them to prevent browning
3. Using the microwave or a teapot, bring 2 tablespoons water to a boil. In a small bowl, combine hot water, peanut butter, and honey. Use a spoon and stir until mixture is smooth.
4. Use the spoon to drizzle half the peanut butter mixture over the plated apple slices; sprinkle with half the cranberry mixture. Layer the remaining apples on top and repeat with remaining peanut butter and cranberry mixture. Serve.



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