

Newsletter

The latest news, views and announcements for the staff at Main Street Medical Supply.

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Life in Balance.

Product Spotlight

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LIFE IN BALANCE.

Older adults may have several problems affecting their balance. Even healthy older adults can experience less secure balance than when they were younger. There are some simple ways to reduce the impact of a loss of balance. Ask your healthcare professional to evaluate you for fall risk and to recommend dietary changes, exercises, and mobility aids to improve your stability and lower your risk of falling.

The following are tips to help reduce the risk of falls:

- Sit or lie down right away if you feel dizzy.
- During a vertigo attack:
 - Avoid things that will make the sensations worse.
 - Move slowly and try not to change the position of your head.
 - Rest your eyes by staying away from bright lights and television.
- Don't smoke.
- Avoid exposure to things that may congest your sinuses.
- Try to manage your stress and anxiety levels.

Medications, yoga, meditation, or psychotherapy are all effective. Note that some medications run the risk of making balance worse, such as some anti-anxiety medications. *(continued on page 2)*

Exercise can also help preserve balance as we age. Researchers have found that the following exercise routines and strategies can improve your balance and reduce the risk of falling:

- Tai Chi, dance, postural awareness, or yoga programs
- Gait training (programs to improve the way you walk)
- Strengthening and resistance exercises, including aerobic and resistance training in water.

There are also balance training exercises that can be done throughout the day, however, talk with your healthcare professional about the safety of the following activities:

- Walking backward
- Heel-to-toe walking
- Standing on one foot and then the other for several seconds (initially using gentle support).

Balance is like any other motor skill: it requires practice in a safe environment. As your strength and mobility improve, you will be able to be more independent.

There are also mobility aides to assist you to maintain balance. Assistive devices can help you live safely and independently, if you use them correctly. Trust an expert to help you choose an assistive device or walking aid, depending on your balance problem and health status. These range from a cane to walkers and wheelchairs. Your walking aid must be carefully matched to your needs. Balance problems increase the risks of falls and broken bones. To help avoid fall risks in your home you may consider the following changes:

- Better lighting
- Removing hazards like loose rugs, electrical wires, and unstable furniture
- Placing handrails in hallways, bathrooms, and on stairs

Other lifestyle approaches to reduce falls include:

- Using proper footwear (well-fitting walking shoes with low or no heels, thin firm soles, and heel supports)
- Making adjustments to your medications if recommended by your healthcare provider

Support groups are good sources of information and tips for coping. Search online or ask your healthcare provider to recommend a support group in your area. *(Source:Healthinaging.org)*

Product Spotlight

Nova Joy is one of our premier vendors. We love Nova products and we know you will too. We carry a wide range of Nova mobility aids. One of our favorites is the Nova line of Rollators. There are a variety of models to choose from. Choose the features that compliment and support your independence. How about storage for your personal belongings? What size wheels are best for your walking terrain? Be sure to consider great options like a cup holder, flashlight, or mobility clutch! Get your Style ON, choose the rollator color and designer mobility bags to compliment your personal style. You can choose for YOU and walk with pride and style. (Prices vary depending on model and range from \$232-\$399)

