

OSTEOPOROSIS. How to avoid falls and fractures.

- Walk, consume dairy products, calcium, and vitamin D daily, and take a calcium-binding supplement (alendronate or another) once a week. See your doctor regularly.
- Don't get up quickly from a chair or bed; sit for a moment on the edge of the bed.
- If you feel weak, dizzy, or faint, sit down, even if it's just on the floor.
- Exercise regularly to strengthen your muscles, tendons, and joints.
- Avoid risky, rough, or contact sports. Yoga, Pilates, and swimming are beneficial. It's important to know that today's tall young people (Marfanoids), of both sexes, often develop osteoporosis at an early age, so it's necessary to have a bone density test before starting to practice skating, skiing, rugby, or other violent sports.
- If you are tired or exhausted, rest, otherwise you will tend to fall.
- Wear low-heeled shoes with non-slip soles. Avoid wet floors.
- If there is gravel on the path, especially on a downhill slope, be careful as it is very slippery.
- If you have vision problems, consult an ophthalmologist and wear glasses.
- Avoid medications such as sedatives, hypnotics, barbiturates, and antidepressants as much as possible. Avoid alcohol, especially if you are taking these medications.
- Consult your doctor if you experience dizziness or loss of balance. Use a cane or a walker, if necessary.
- Bleeding, sometimes hidden, such as gastrointestinal bleeding (black stools), can cause acute anemia, which manifests as headache and fainting. You should rest and be taken to the emergency room immediately.
- Do not lift objects or do heavy work around the house.
- Avoid letting grandchildren hang from your neck; sit them on your lap.
- Keep your home well-lit. Don't get up "feeling your way" at night, and keep a flashlight handy. It's helpful to place nightlights in the bedroom and bathroom.
- If you wear glasses, always leave them in the same place at night (right or left nightstand) and don't get out of bed without putting them on.
- Avoid tripping over the foot of the bed when the bedspread is hanging off.
- Avoid loose rugs and slippery floors.
- Be careful not to trip over metal floor bars, which may be loose or protruding (these separate the carpet from the parquet or tiles)
- Pick up toys from the floor, especially at night.
- Don't leave electrical cords in hallways where you could trip.

- Install a handrail and light switches at the top and bottom of the stairs.
- Lower the stairs to the side of the handrail and keep your hand free on that side so you can catch yourself in case you trip. The danger is greater when going down.
- Install a metal handle next to the toilet and another on the wall of the bathtub or shower (a good height is at the level of the navel of the person standing in the tub).
- Install a rubber floor in the shower to prevent slipping.
- In the kitchen, keep things within easy reach and avoid stepping on unstable steps, folding chairs, or ladders.
- Avoid crowds of people who could push you and make you fall.
- Avoid walking on poorly paved sidewalks to avoid tripping.
- Wearing jewelry in the street attracts thieves, who prefer to target older and more fragile people.
- Make sure the steps at the entrance to your home are not a hazard.
- Be careful on escalators, especially if you're carrying packages, briefcases, or children. It's easy to get tangled up and fall, as well as lose your balance. The greatest danger is the fact that the escalator doesn't stop.
- Avoid riding in buses, but if you do, stand far away from the doors and maintain a firm foothold. If possible, go with someone.
- Don't carry too many packages in the bus.
- Be careful when getting in or out of a car or bus, especially when getting off from a high step. Don't get out until the vehicle has come to a complete stop.
- Cross streets carefully, at the corner with a traffic light, or use the zebra crossing. Give yourself enough time to cross without rushing.
- Don't drive if you have poor eyesight, are sleepy or exhausted, if you have consumed alcohol, sedatives, or hypnotics, or if you have poor reflexes. Avoid rush hour. Also, avoid driving at night or in bad weather conditions.
- In cities with strong winds and ice on streets and sidewalks, are common causes of falls and fractures.

NOTE:

- **The greatest risk of falls and fractures is when staying in someone else's home, where you don't know where potential obstacles are.**
- **If you feel that any of the warnings above apply to your daily surroundings, please try to correct them and or implement them.**

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October 2025