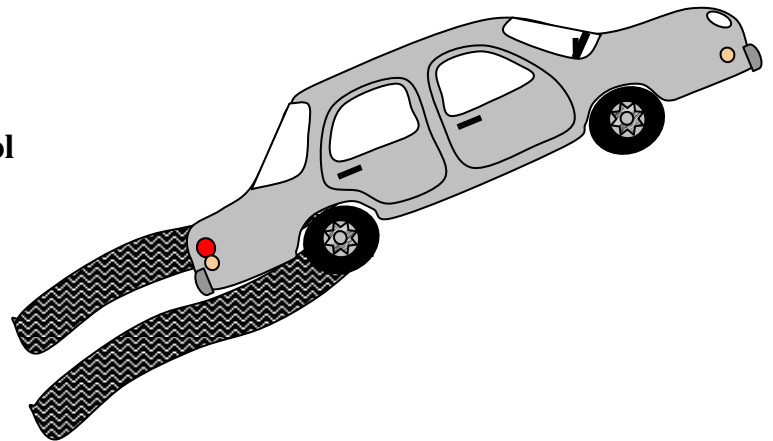




## **Simple Ways to Prevent Injury**

### **Automobile Injuries**

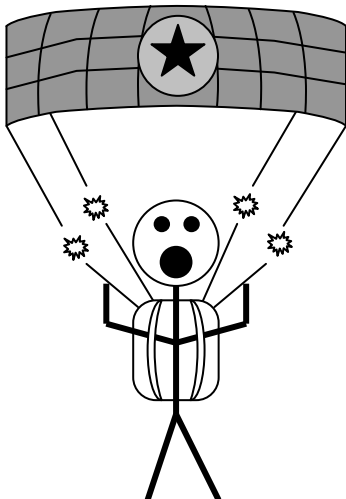
- 1) Drive safely and alertly
- 2) Do not drive under the influence of alcohol or street drugs.
- 3) Use extreme caution while driving if you are on pain medication, tranquilizers, muscle relaxers, antihistamines, or sleeping pills as these may make you drowsy and decrease your level of alertness.
- 4) If you suffer from sleep apnea, avoid the road when tired because you have increased chances of falling asleep while driving even during normal waking hours.



### **Recreational Injuries**

We live in an age of thrill seekers and adventurers, but our choice of recreational activity can cost us greatly, not only financially, but also physically.

- You can decrease your risk of recreational injuries by simply curbing your thrill seeking and directing it towards safer thrills.
- Weight training also reduces the risk of injuries in competitive sports, whether it's professional, intramural, scholastic, or recreational.
- Aerobic training reduces risk by helping you maintain stamina and balance.



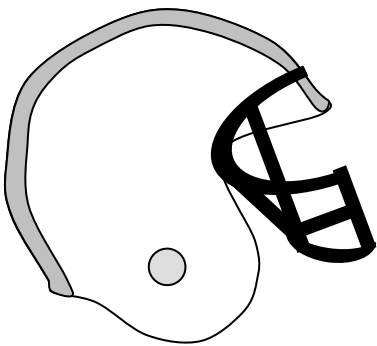
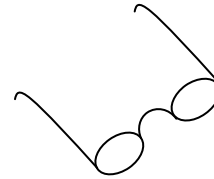
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## Decreasing Risk of Injury to the Elderly



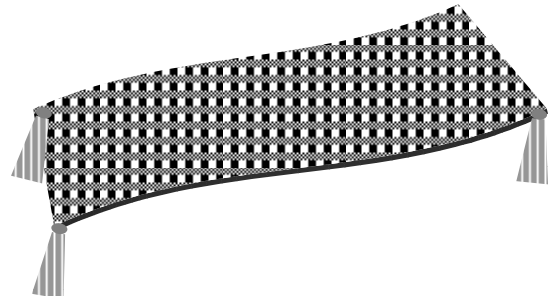
- ❖ Both vision and balance are often impaired by age. Blood tests and physicals can determine subtle causes of nerve damage and balance disturbances.
  - Pernicious anemia is one cause of vision and balance impairment. This can be treated with vitamin B12.

- ❖ Proper eyeglasses can help improve vision and thus improve an elderly person's ability to maneuver through his/her environment.



- ❖ The early detection and treatment of osteoporosis can also decrease the risk of injury.
  - DEXA scans can detect osteoporosis and specific medications can then be taken for treatment.
  - Men are also at risk for osteoporosis, especially those suffering from low testosterone.
- ❖ Flex and weight training decrease an elderly person's risk of injury.
- ❖ Studies have also shown that the use of football hip pads helps prevent hip fractures in the event of a fall.

- ❖ Increasing home safety will decrease the risk of injury to the elderly by preventing falls. This can be accomplished through the removal of loose rugs and the improvement of uneven sidewalks, etc.



Washington Way at Civic Center  
1706 Washington Way  
Longview, WA 98632  
(360) 423-9580  
Fax: (360) 423-6230

**Office Hours:**  
Mon. – Fri.: 8am – 8pm  
Saturday: 9am – 1 pm  
Sunday: 12pm – 4pm

783 Commerce Avenue, Suite 300  
Longview, WA 98632  
(360) 577-2630  
Fax: (360) 577-3865