

## How To Reduce Your Risk of Being Injured in a Fall



Stop and think for a moment - do you know a senior citizen who has fallen and suffered a serious injury? According to the Centers for Disease Control and Prevention (CDC), each year 2.5 million older people require emergency room treatment for injuries from a fall, including 250,000 hip fractures!

In addition to broken hips, a fall can cause many head and body injuries including the feet and ankles. These run from damage to the ligaments that support the joints, ruptured heel tendons, a sprained ankle or other joint sprain, muscle strains and all kinds of broken bones from the ankle right down to your toes.

### Aging Increases the Risk of Being Injured in a Fall

As we age, the number of risk factors that contribute to the chance of falling and becoming injured increases. Older people fall more frequently than others because of:

- Difficulty walking and balancing
- Prescription and over-the-counter medications that affect the balance
- Problems with deteriorating vision
- Inadequate or improperly fitting footwear
- Reduced sensation in the feet (neuropathy) from diabetes or other conditions
- Lower body weakness
- Vitamin D deficiency causing muscle weakness

The good news is that many of these factors can be addressed to help reduce falls.

### Lower your Risk of Being Injured in a Fall

It is possible to counteract the negative effects on aging to lower your risk of falling with these simple steps:

- Talk to your doctor about any balance issues you have as your medications may be making you dizzy. Ask if you should be taking vitamin D supplements.
- Have your eyes checked regularly.
- Do leg strengthening exercises and those that help to improve balance such as tai chi.

About half of falls happen at home! Make your home safe and free of tripping hazards:

- Inspect stairways and install handrails and better lighting.
- Add grab bars to bathrooms.
- Get rid of clutter on the floor and stairs and eliminate small throw rugs.
- Tidy electrical wires and secure them away from walkways.

You can find lots more ideas on making your home safer for the elderly at the CDC website and its helpful online brochure [What You Can Do To Prevent Falls](#).

## Do You Suffer from Arch Pain?



Our feet are incredible structures and the arch is perhaps the most interesting of all. Tendons that attach at the heel and foot bones pull together other tendons in the lower leg to create the foot's arch.

The arch has an important job to absorb the force exerted when walking or running and also to help the foot push off during each step.

### Find the Cause of Arch Pain

To address any painful arches, we first must determine the cause which may include:

- Ligament or muscle strain or sprain
- Biomechanical misalignment
- Arthritis inflammation
- Stress or overuse
- Foot deformity
- Weight changes
- Inadequately supportive footwear

Because the arches are subject to so much stress, those who are overweight may suffer more often from arch pain.

Two common causes of arch pain are plantar fasciitis, or inflammation of the plantar fascia, and fallen arches or flat feet.

### Arch Pain Treatments

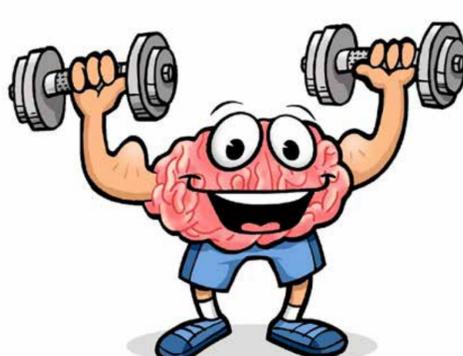
- Start simple with the R.I.C.E. method: **Rest**, **Ice** the area, apply **Compression** and **Elevate** the leg.
- Take anti-inflammatory drugs like ibuprofen or aspirin.
- Try physical therapy that can stretch and strengthen the area to relieve pain and prevent future flare-ups.
- Wear footwear that has strong arch support to prevent inflammation, especially in sports and for those who must stand for long periods of time on hard surfaces.
- Custom-fitted orthotics can improve the foot's support and improve biomechanics of movement, as can arch supports and foot braces.

We will discuss all treatment options with you based on your individual needs. Make an appointment today so we can diagnose your arch pain and find a way to relieve it.

## Exercise Your Brain!

It's not only your body that needs exercise. Your brain needs exercise, too! Give your brain a workout with this riddle:

Two fathers and two sons went fishing one day. They were there the whole day and only caught 3 fish. One father said that is enough for all of us; we will have one each. How can this be possible?



*Answer to riddle: There was a father, his son and his son's son. This equals 2 fathers and 2 sons!*

## History FootNote

In ancient Egypt, nail painting denoted social status: Richer Egyptians painted their nails darker, while others had to use a lighter shade.

## Celebrity Foot Focus

Prince William and the Duchess Cambridge recently removed their shoes out of respect when entering a Gandhi museum in India. The paparazzi were quick to describe her unpolished toenails as her usual "natural" look.

## Joke of the month



"Dad, are bugs good to eat?" asked the boy.  
"Let's not talk about such things at the dinner table, son," his father replied.  
After dinner the father inquired, "Now, son, what did you want to ask me?"  
"Oh, nothing," the boy said. "There was a bug in your soup, but now it's gone."

## Trivia

**The world's first one opened in Coney Island, New York on June 13th, 1884. The world's first what?**

- A. Burlesque Show
- B. 5 and 10 Cent Store
- C. Hot Dog Stand
- D. Roller Coaster
- E. House of Wax

**Answer: D**

## Follow us...



## Meet Our Doctor



**Carl Ingrassia, DPM**

## Our Office

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## Office Hours

Monday: 8:00am – 5:00pm  
Tuesday: 8:00am – 6:00pm  
Wednesday: 8:00am – 6:00pm  
Thursday: 8:00am – 5:00pm  
Friday: 8:00am – 5:00pm  
Saturday: Closed  
Sunday: Closed