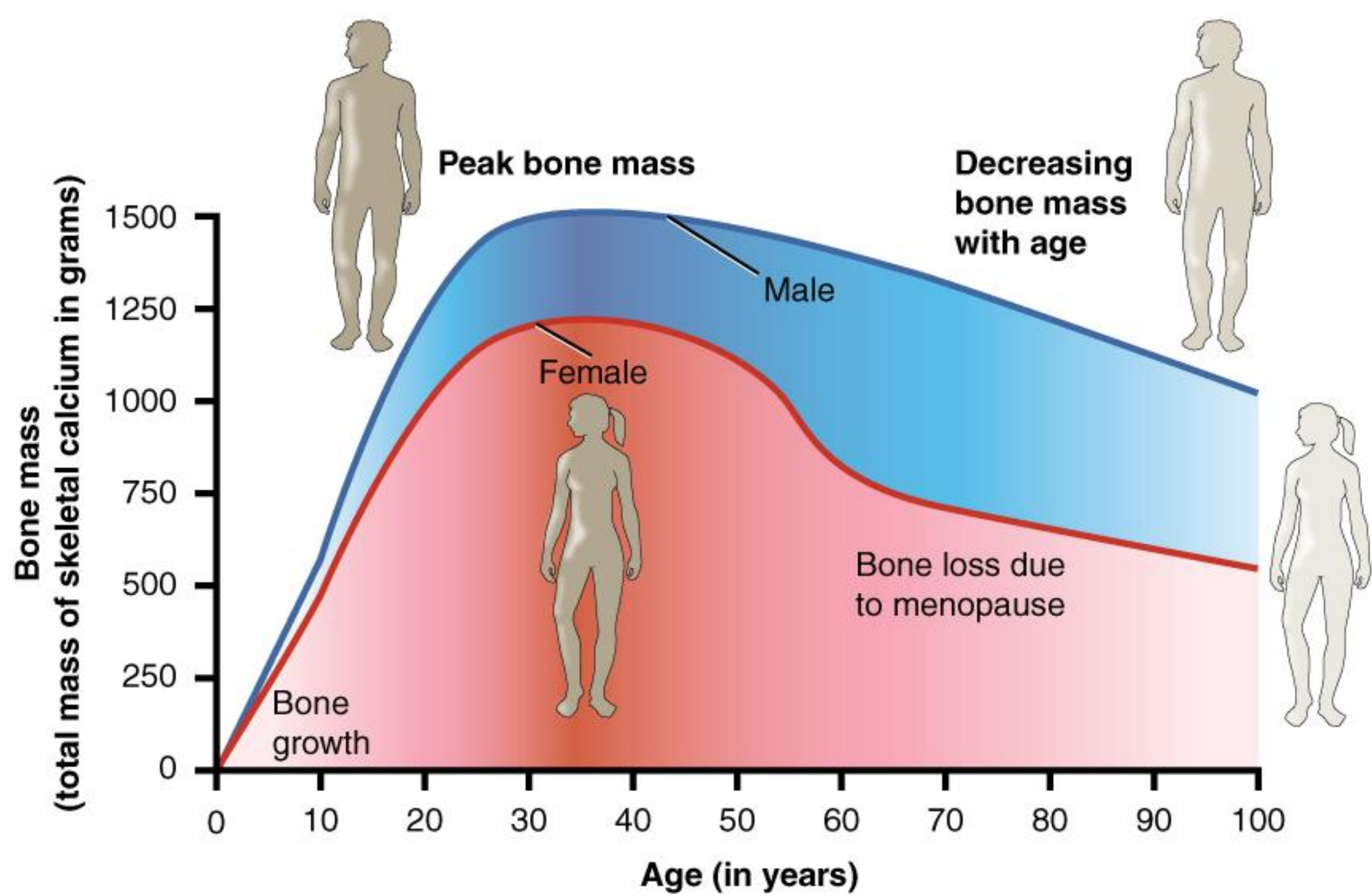


2. Vallen en botbreuken

Risicofactoren breuken

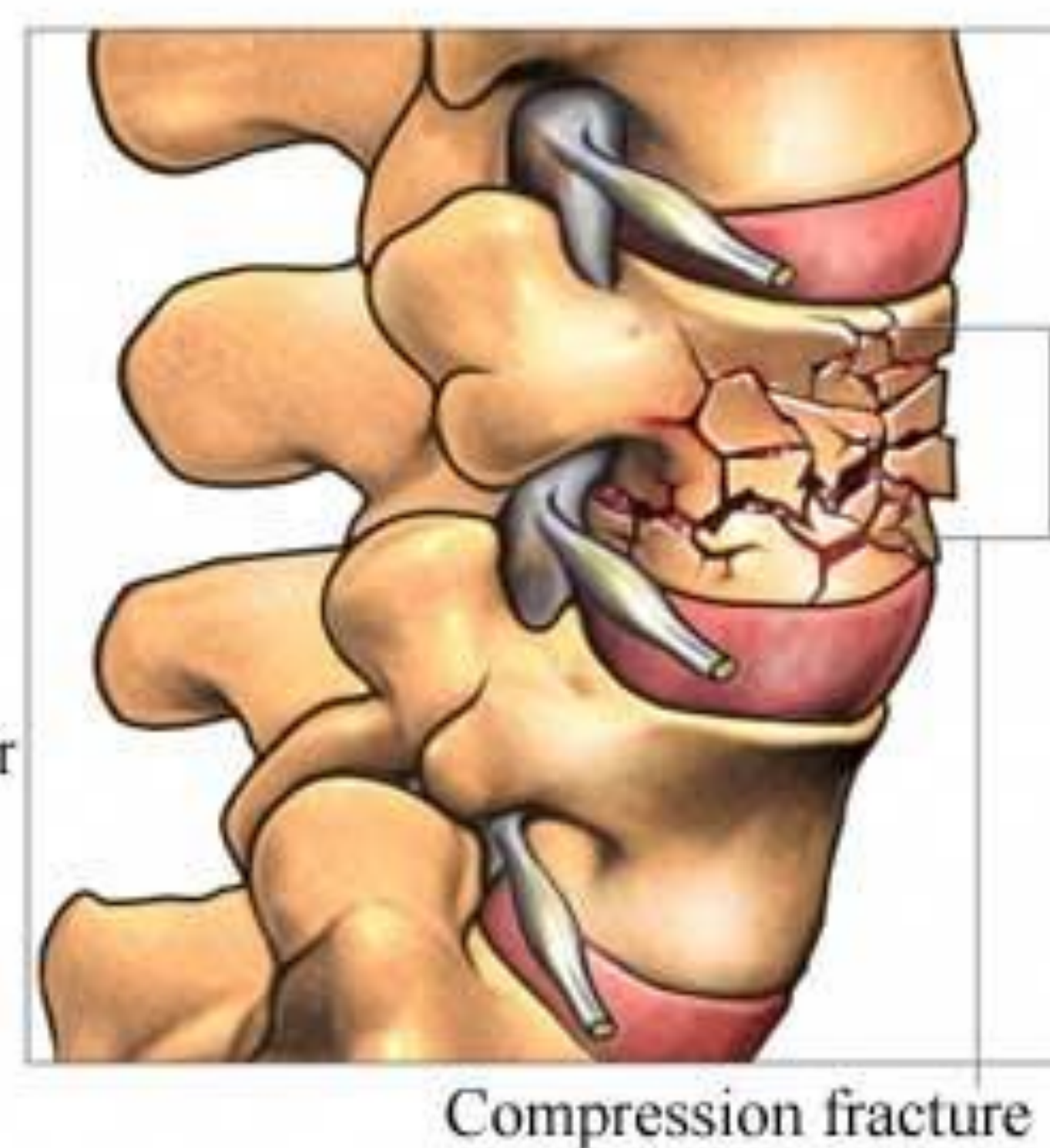
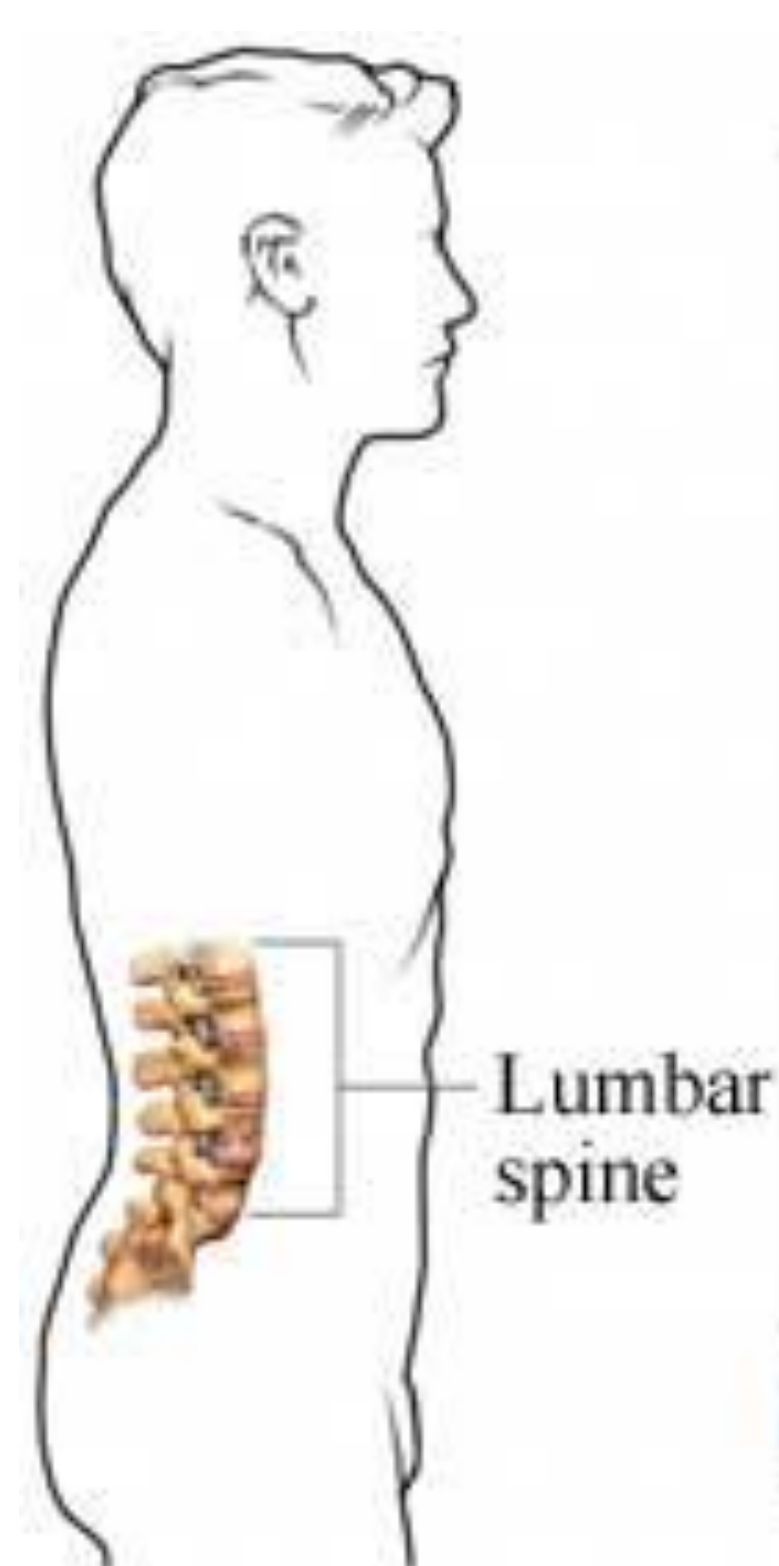
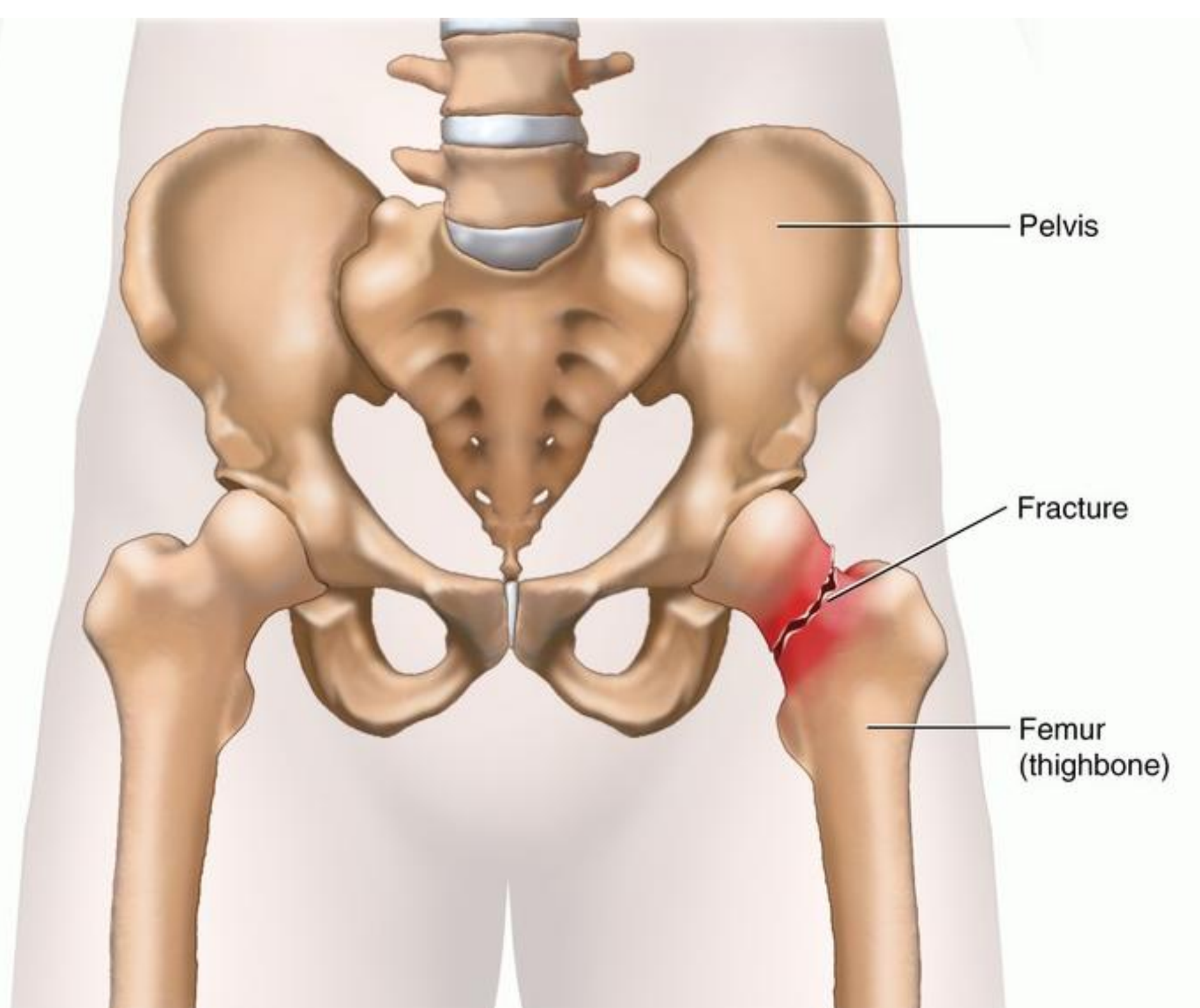


- Hogere leeftijd
- Vrouwelijk geslacht
- Laag lichaamsgewicht
- Weinig lichaamsbeweging
- Roken
- Eerdere fractuur
- Frequent vallen
- Calciumgebrek
- Vitamine D-tekort

Valpreventie

- 1 Find a good balance and exercise program**
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
- 2 Talk to your health care provider**
Ask for an assessment of your risk of falling. Share your history of recent falls.
- 3 Regularly review your medications with your doctor or pharmacist**
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- 4 Get your vision and hearing checked annually and update your eyeglasses**
Your eyes and ears are key to keeping you on your feet.
- 5 Keep your home safe**
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- 6 Talk to your family members**
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

Meest voorkomende breuken



Fracture Humerus

