

1. Record Nr.	UNINA9910790060703321
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Titolo	Falls [[electronic resource] /] / Adam Darowski
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, c2008
ISBN	1-383-04487-2 1-283-58034-9 9786613892799 0-19-156203-3
Descrizione fisica	1 online resource (201 p.)
Collana	The facts series
Disciplina	613.6
Soggetti	Falls (Accidents) Accidents - Prevention
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Contents; 1 Introduction; 2 How do we stay upright?; 3 Why do people fall?; 4 What causes simple falls? Trips, slips, and the effects of illness; 5 How do poor balance and muscle weakness contribute to falls?; 6 Difficulty in walking and poor gait; 7 What causes giddiness?; 8 What is vertigo?; 9 How can the heart and circulation contribute to falls?; 10 Medicines and falls; 11 Confusion, poor memory, and falls; 12 Visual problems that can contribute to falls; 13 How does neurological disease cause falls?; 14 Osteoporosis and falls; 15 Fear of falling 16 How do falls affect the family and carers? 17 How to improve strength and balance; 18 What is the role of falls groups and exercise classes?; 19 How can your world be made safer?; 20 How can walking aids help?; 21 What role do diet and vitamin deficiencies have in causing falls?; 22 What causes falls in care homes?; 23 Why do people fall in hospital?; 24 What should I do if I fall?; Glossary; A; B; C; D; F; G; H; I; L; M; O; P; S; T; V; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; Q; R; S; T; U; V; W; Y; Z
Sommario/riassunto	Many people see falling as an inevitable part of growing older, and falls can result in serious injuries. As we age, deterioration in our ability to maintain balance, underlying illnesses, or disabilities can result in falls. Currently, one in eight patients in hospital are admitted due to a fall,

and 50% of people over 80 years old fall every year. It is almost always possible to minimize the chances of falling, and to make our personal environment safer for when falls do occur. This book covers all aspects of falls, explaining why they happen, the common consequences, and what can be done to

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