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Fall Prevention Week

By Sophie Braccini



Gayle Uilkema, County Supervisor, said it in a nutshell: "Get rid of the old slippers!" The week of September 21st to the 27th is Fall Prevention Week in Contra Costa County. Falls are the most frequent cause of all accidental injuries/fatalities in the County among residents 65 and older, more than twice the toll of motor vehicle accidents. According to Contra Costa Health Services, between 2002 and 2004 there were 8,658 hospitalizations and 140 deaths due to falls by Contra Costa residents. On September 11th, Uilkema stressed the importance of fall prevention in front of "The Original Lafayette Senior Recreation Center" at the Lafayette United Methodist Church. Besides discarding the old slippers, she recommended regular exercise, wear thin rubber soled shoes with shallow treads, avoid rushing and use handrails, have your vision checked, and make sure there is ONE pharmacist who knows about all the medications you are taking. Local organizations are welcomed to invite the Supervisor to come and talk about this important health topic, contact her office at 335-1046. Uilkema will be speaking to the Moraga Movers during their dinner on October the 13th starting at 4 p.m. in the Soda Center on the Saint Mary's College Campus. Call 376-6622 for reservations.



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