LIFESTYLES

Health in the Villages

Breaking the fall

Falls are a common occurrence, but most can be prevented

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THE VILLAGES

I take only one fall to change my life.
Each year, one in every three adults age 65 and older falls, according to Centers for Disease Prevention and Control. But, the COOP falls are largely preventable.

Dr. William Quillen, UWF professor and director of the school of physical therapy and rehabilitation sciences, said one of the best ways to prevent falling is to stay physically active.

"When you don’t use it, you lose it," Quillen said. "It’s why maintaining a high level of physical activity is crucial.

Quillen recommends maintaining an optimal level of fitness, especially in the lower body. "You turn that strength into function," Quillen said. "The strength from fall prevention programs that pack strong legs reduce the risk of falling." Medications also can be a factor in why people fall. Quillen said. A pharmacist can supply information on whether a medication is known to cause dizziness or nausea.

People can typically be on medications that might cause them to get dizzy if they get up too fast," Quillen said. "Sometimes, this doesn’t come up until we’re in the hot, humid summer weather. If you’re dizzy, you can take a tumble"

Here are some other falls.

What happens as we get older is we get more clumsier." Quillen said. "Ladies, if you’re out of practice in walking in heels, you could be a contributer in falling.

Prevention is key to avoid falling.

“Taking extra care in situations that are not worth the risk of breaking a hip," Quillen said.

By the numbers

H is better to prevent a fall than to have to pay for one.

In 2008, emergency departments treated 2.6 million nonfatal fall injuries among older adults, more than 464,000 of these patients had to be hospitalized.

Falls are the most common cause of nonfatal injuries and hospital admissions for trauma.

Twenty to 30 percent of people who fall suffer moderate to severe injuries, including cuts, fractures, and head injuries. In 2000, the total direct medical costs of all fall injuries for people 65 and older reached $18 billion.

- Centers for Disease Prevention and Control

Entertainment focus

New Jersey Gov. Chris Christie has appeared many times on late-night TV, including “Saturday Night Live.” Now he has scored his first gig as a sitcom.

His offer on Monday confirmed a report in The Huffington Post that the Republican governor will appear as himself on an episode of fall finale of the new NBC comedy “The Michael J. Fox Show.”

You will be playing a sympathetic with Parkinson’s disease who is returning to work, much like Fox is as the actor with Parkinson’s who is returning to series television.

The show premiere Sept. 24, NBC did not announce an air date for the Christie episode. The premiere is running for a second term. The election is Nov. 5.

- The Hollywood Reporter

Varello continues in TV competition

Vacordie Varello Varello has had many more. Fantei, wore the judge's robe and Goose Tales: in Los Angeles, and now they've moved on to the city of New York. You can see how they do their thing under the West Hollywood streets (at 7 p.m. on NBC).

Fantei - Varello of Orlando, a former producer of The Village, Hano River, South Africa, and Josh Pyle of New York - had met earlier and had a weekend before making its public debut in front of the judges who gave the group a unanimous "yes.

Fantei makes it to the next level, the group will take part in the live shows that start July 31 in New York.

Useless knowledge

- In 1886, a pig in France was executed by public hanging for the murder of a child.

You can't kill yourself by holding your breath.

The first known transfusion of blood was performed in 1667, when Jean Baptiste transfused two pints of blood from a sheep to a young man.

Celebrity focus

Chris D'Amore, interior designer, "The Homeless" note said he considered a change of career when she went through a stretch where she couldn't find a good role.

In an interview with Vogue's August issue, the 34-year-old said she didn’t work for two years after starring in the 2010 film “The Empire Struggles,” which earned her a Caddy and Caddy. D'Amore said she couldn’t take any more after playing Granger. D'Amore said it’s a great experience that left her with a hint that she felt with a career change. "I really like interior design," said D’Amore.

- The Associated Press

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Fighting to stay healthy

Foothills Fight Club members take joy in supporting each other through exercise, networking.

See page 54.