



3515 SE WILLOUGHBY BLVD STUART, FL 34994  
772-283-3800 (OFFICE) ~ [www.drtaubfootandwound.com](http://www.drtaubfootandwound.com)

OCTOBER 2016

## We Can Help Manage Fall Risk in Older Adults and Stay Independent Longer

Falls are common among adults 65 and older. Every second of every day an adult aged 65 or older falls in the United States. In fact, 3 out of 10 seniors fall each year. Most Fractures among older adults are caused by falls. Falls aren't just a normal part of aging. Older Americans and their caregivers can take steps to prevent them.

### Help protect the ones you love. Take steps to prevent falls.

#### Who Can Benefit from the Moore Balance Brace?

- Patients who have difficulty walking
- Patients who have fallen in the past or who are at the risk for falling
- Patients with ankle weakness or instability
- Patients with arthritis in their feet or ankles
- Patients who have had a stroke, have weakness or dizziness
- Patients who have poor feeling or numbness in their feet
- Any patient already using a cane, walker or any other assistive device.

- **Speak up.** - Older adults should talk to their doctor or healthcare provider about their risk of falling and what they can do to help prevent falls. They should tell their healthcare providers right away: if they have fallen, if they are afraid of falling, or even if they feel unsteady when walking or standing.
  - **Keep moving and Get annual physical exams.** – Have an annual checkup. Some health issues may increase the risk of falling. The **Moore Balance Brace (MBB)** can help prevent falls. The MBB is a prescription, custom-made foot orthotic worn as a pair that is designed to fit easily into a shoe recommended by your doctor. The MBB is covered by most major insurance plans including Medicare. The MBB is a long-term solution to be used in combination with a fall prevention program which may include physical and occupational therapy. Ask Dr Taub to evaluate you to determine if you require and/or qualify for this brace.
  - **Check medications.** – Have your list of medications reviewed. Some medications have side effects like feeling dizzy or sleepy which will increase your risk of falling.
  - **Check for home safety.** - Most falls happen at home. Keep floors clutter-free. Remove small throw rugs, or use double-sided tape to secure them to the floor. Add grab bars in the bathroom—next to and inside the tub and next to the toilet. Have handrails and lights installed on all staircases. Make sure the home has lots of light.

**With more than 10,000 older Americans turning 65 each day, the number of fall-related injuries and deaths are expected to surge unless preventive measures are taken. Dr. Taub encourages our older patients to take steps toward living longer and healthier lives; he will not let them Fall behind on fall prevention.**

October is  
Breast  
Cancer  
Awareness  
Month

*Life is not about waiting for the storm to pass,  
It's about learning to Dance in the Rain.*

See our educational videos of the services we offer on our website. An innovative non-invasive and drug-free procedure with no downtime and very effective for Heel Pain/Plantar Fasciitis and Achilles Tendonitis is EPAT.

99%

5-YEAR RELATIVE  
SURVIVAL RATE OF  
EARLY-STAGE  
BREAST CANCER