



## LET'S THINKFIRST® TO **PREVENT FALLS**



FALLS ARE THE **LEADING CAUSE OF ADMISSION** TO SHOCK TRAUMA.



1 IN EVERY 5 FALLS RESULTS IN A **SERIOUS INJURY** SUCH AS A **BRAIN INJURY** OR A **BROKEN BONE**.



FALLS ARE **NOT** A NORMAL PART OF THE AGING PROCESS.

**The R Adams Cowley Shock Trauma Center is committed to keeping Marylanders safe.**

We partner with the ThinkFirst® National Injury Prevention Foundation to offer **free falls education classes** to the community.

Attendees learn the essentials of fall prevention, tips for talking to your doctor, ideas for home modifications, strategies for medication management, and exercises.



Take steps to lower your risk by taking a class and implementing preventative measures. **Scan to learn more** and request a Shock Trauma expert come to your community today.

There are many factors that might increase your risk of falling.

How many of these apply to **you**?

- ✓ Age > 65
- ✓ Chronic pain
- ✓ Fear of falling
- ✓ Arthritis
- ✓ Substance use
- ✓ Diabetes
- ✓ Medications
- ✓ Low vitamin D
- ✓ Blood disorders

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CENTER FOR INJURY PREVENTION & POLICY