



Falls (The Facts)

Adam Darowski

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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 prevent them. It is intended for patients and their families, but will also be of value for health professionals at all levels.

Falls: The Facts is an informative and practical guide, containing advice on what to do and how to cope when falls occur. It includes personal accounts of patients and their relatives to illustrate true experiences, and the positive outcomes that treatment can produce.



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