Fall-proof the home with nightlights, non-slip mats

Many elderly people fall in their homes and even minor falls can lead to serious injuries. Apart from getting health issues such as fractures or even osteoporosis treated, elderly adults should modify their home environment to prevent further incidents. Several caregivers, including yours truly, have had a fall, all of which experienced minor injuries. Falls are not always preventable. If it happens, do not rush to get up as this worsens the injury. Do not try to reach out anything held by hand or foot. You may need to crawl towards help. The caregiver should assess the patient's level of consciousness and perform head-to-toe assessment. If there are open wounds with active bleeding, apply three pressure on the wound if available. If the patient has had a fall, you should help to get him the patient to the hospital to get the proper treatment.

There are eight factors that contribute to falls: 1. Systemic health conditions such as cerebrovascular disease, 2. Injuries, 3. Use of certain medications, 4. Environmental conditions, 5. Physical impairments, 6. Cognitive impairments, 7. Psychosocial factors, and 8. Unintentional injuries.


As this can worsen the injury, it is important that caregivers do not rush to get up. Instead, get help. Dr Loh Hui En, a 5th-10th per cent weight loss could contribute to improvements in blood pressure, and fertility. If this sounds like something you may want to consider:

1. Be active, but work towards being more active. Start slow to build endurance.
2. Make sure that other meals are packed full of nutritious foods. For example, eat meat, vegetables, fruit, and grains. It is easier to eat more nutritious foods when you are more active.

“Installing a nightlight or stair light, and using anti-slip strips on stairs or tiles, which provide full traction and are especially important in the bathroom, can also be installed. The solution is having a 500 to 600 kcal per day). For some people, breakfast is one of the easiest meals to consume. It can be hard to get the right balance of macronutrients and micronutrients. However, here are some things to consider:

■ What should I consider before starting intermittent fasting?

Before you start, there isn’t enough data to determine the optimal fasting regimen, such as length of fasting interval and number of fasting days. However, here are some things to consider:

■ How sustainable is this for me?

Studies have shown that some negative side effects of intermittent fasting include hunger, low energy, moodiness, and feeling irritable. If this is the case, you may want to try a different pattern of fasting or take a break before trying it again.

■ In intermittent fasting for me in the long run?

It can be hard to get the right balance of macronutrients and micronutrients in the short term. This issue should not be neglected because getting adequate amounts of vitamins and minerals is vital in allowing the body to function properly and can reduce the risk of certain cancers, diabetes, and other conditions. When you are packed full of nutrients, you may have more energy to do daily activities.

■ What fasting patterns will fit my lifestyle?

Consider how active you are or if your lifestyle means that you need to decide which intermittent fasting pattern would work best for you.

■ What are the pros and cons of skipping breakfast?

Skipping breakfast can help to reduce your overall caloric intake, but it is important to pay attention to what you put into your body for the rest of the day. For some people, breakfast is one of the easiest meals to consume. For example, you may want to try a different pattern of fasting or take a break before trying it again. If this is the case, you may want to try a different pattern of fasting or take a break before trying it again. If this is the case, you may want to try a different pattern of fasting or take a break before trying it again. If this is the case, you may want to try a different pattern of fasting or take a break before trying it again. If this is the case, you may want to try a different pattern of fasting or take a break before trying it again.