

# Ask the EXPERT 2018

## WARNING: BALANCE AND FALLS ISSUES IN PEOPLE 55+ AND THE TRUTH NOBODY WANTS TO TALK ABOUT

Oscar Andalon, DPT, MTC, STC, CSCS, SFMA



Having a fall is no joke...

Every second of every day, more than one third (one in four) of

**adults 55 and older fall each year** in the United States and 20% to 30% of people who fall suffer moderate to severe injuries; **making falls the number one cause of injuries and deaths from injury among older Americans.**

While your friends and family might view your fall as an isolated incident and expect you to just get on with life as usual, you probably know that having even just one fall can be extremely life-altering. **Forty percent of the people who end up in the hospital after a fall with a severe injury (i.e. broken hip); die!** That's one older adult dying every 19 minutes from a fall.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults' fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

This may sound very doom and gloom, but it's why our balance and falls specialists at Level4 Physio-Wellness-Performance are so passionate about helping people improve their balance and maintain their mobility and independence!

**However, falling is not an inevitable result of aging.** Through practical lifestyle adjustments, **evidence-based falls prevention programs**, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

**If You Feel Unsteady On Your Feet, Nervous, And Even Confused About What Can Be Done To Help You, Then Read On...**

My name is Dr. Oscar Andalon, one of San Diego's leading Balance and Falls Expert at Level4 Physio-Wellness-Performance, and my team and I have been helping people live with more confidence and getting back on their feet for more than 40 combined years now... And what we know now is that so many people don't even realize they have problems with their balance, and if they do, are confused by the advice they've previously been given, and perhaps even skeptical about their best chances of living with more confidence and being at less risk of falling over unexpectedly in the future... and that's why, we would like to offer a limited supply of FREE balance screens for people 55+ in our local community.

### Here's What To Do Next

Please call us now, lines opened today at 7am... and we only have "10" FREE balance screens available at our Encinitas clinic. Please phone us today to register your interest, to ask questions or secure your screen by calling free on: (760) 503-4440... You can also leave a message, 24 hours, and we'll get back to you. Anyone who registers will also receive a special bonus gift - a **free copy** of our newest book titled: **"9 Simple Ways You Can Improve Your Balance & Prevent Another Fall"** which has 19 pages of tips and advice to improve your balance, prevent another fall - while regaining your confidence to move around independently.

**P.S.** To confirm - no one will ask you for money for anything else when you call **(760) 503-4440** to register your interest for one of the 10 spots available for a FREE balance screen.