



L A F A Y E T T E
 P H Y S I C A L T H E R A P Y

NEWSLETTER

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Are you paying attention to your bone health?



Healthy bone

Osteoporosis

Osteoporosis, a disorder of the skeleton, characterized by decreased bone mineral density (BMD), that affects micro-architecture and strength of the bone, is more prevalent than you think and can lead to fractures which could affect your quality of life.

Osteoporosis is not an inevitable part of aging. You are never too young or old to take care of your bones and good lifestyle habits can help protect your bones and decrease your chance of osteoporosis. There are things you can do now to work towards maintaining the most optimum bone health and to avoid osteopenia (the precursor to osteoporosis) and osteoporosis.

- Eat a nutritious diet including bone building nutrients such as calcium and Vitamin D
- Ask your doctor about having a Bone Density Scan
- Perform both weight bearing and strength training exercises to build your bones

For more information you can attend our complimentary evening seminar.

Practical Advice for Those with Osteoporosis & Osteopenia

**September 27
 7:00 PM**

Details on the back page

Bone Picture reference:
<http://sloanestecker.com/research/preventing-osteoporosis-related-fractures-and-physical-therapy-uws-and-irvington-new-york>

Lafayette Physical Therapy Inc.'s Community Event Calendar



**September 17 - 18
 Lafayette Art & Wine Festival**
 We will be hosting another booth this year! We look forward to seeing everyone.

**September 27 at 7PM
 Practical Advice for Those with Osteoporosis & Osteopenia**
 with Valerie Watase, PT, Owner and Director of LPT & Dr. Do-Eun Lee, MD

**October 30
 Lafayette Reservoir Run**
 We will be hosting a booth as we cheer on all of the runners including our own team members in the race!

Val Pic

Picture caption

Valerie's Corner

Hello, I am Valerie Watase, PT, Owner and Director of Lafayette PT and this is my mule, Ginger, the LPT mascot! I want to let everyone know how much I appreciate you as clients. It is so rewarding to help new clients at Lafayette PT and Bay Area PT and those of you who have returned to us over the years for your physical therapy needs. We feel so blessed that you trust us to take care of you and your family and friends.

Thank you for helping us remain your local, personal, physical therapy practice.



Facts on Falls

20% of people who fall suffer moderate to **30%** severe injury.

\$34 Billion The cost to the US healthcare system in 2013 for falls in older adults.

1 in 3 adults age 65 and older fall each year

90% of hip fractures are caused by falling

\$35k The average hospital cost for a fall injury

Take Charge:
You can do something about it!

Statistics are from the CDC website. For more information you can visit <http://www.cdc.gov/homeandrecreationsafety/>

Balance not what it used to be?



Have you noticed that your walking or balance is just a little different than it used to be? Gait is the manner in which a person walks and can tell us a lot about certain strengths, weaknesses, flexibility deficits or other dysfunctions and balance impairments that one should address to prevent falls or other injuries.

Balance is the ability to maintain body equilibrium and is made up of the sensory and motor systems. The sensory systems include visual, vestibular and somatosensory systems which help tell your brain where you are in space and then can help you to plan what you are going to do next via the motor system. (Please reference our prior article on Vestibular dysfunction in our blog for more info at <http://lafayettept.com/vertigo-and-bppv/>)

Under normal conditions, the sensory and motor systems control posture and balance.

However, there are changes that can contribute to losses of balance including:

- Decreased Strength
- Poor Flexibility
- Poor Endurance
- Injuries causing pain or restriction or weakness
- Decreased Sensation
- Memory
- Dizziness
- Other Disease Processes (including Side effects of medications)
- Poor Posture
- Decreased Vision
- Decreased Hearing
- Changes in Vestibular System
- Decreased Proprioception (Body awareness in space)

All of these changes do not just come with "Normal Aging" and you can take control of some areas to prevent decline.

Balance is so important not only for fall prevention but to mitigate the fear of falling that comes with resultant inactivity, the potential costs associated with supervision and care if not able to be safely independent and to maintain one's quality of life!

Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities leading to **reduced mobility** and **loss of physical fitness**, which in turn **increases their actual risk of falling**.

What can be done to preserve your balance, prevent falls, and lower your risk of injury including fractures?

- Stay Active & Exercise regularly
- Check with your doctor on
 - Medications
 - Osteoporosis Screening & Treatment
- Have your eyes checked, consider single vision distance lenses for walking outside
- Proper Nutrition (Vitamin D & Calcium)
- Physical Therapy Intervention if needed



So, what is "bad enough" to seek help for gait, balance, or dizziness?

- ✓ Anyone who has fallen or has had close calls
- ✓ Limiting oneself for fear of falling
- ✓ Pain
- ✓ Restricted joints/muscles
- ✓ Limiting ones activities due to dizziness, weakness, unsteadiness, etc.
- ✓ Difficulty with activities of daily living or walking

It has been found that in order to improve **balance**, prescribed activities must create a "stimulus", and cause imbalance 30% of the time in order to progress. It must be challenging. Also, practice helps to make perfect as it is believed to take 50 hours of balance training to begin to see your hard work pay off so stick with it!

Dizziness is a major cause of falls and balance problems and can be caused by several things:

- Side effects of medications
- Neuropathy
- Viral Issues
- Cardiac problems/Stroke
- Vestibular issues such as BPPV (Benign Paroxysmal Positional Vertigo) or Vestibular hypofunction
- More often than not, dizziness is not treated seriously in the medical community so you must be your own advocate and seek physicians or therapists to help address this issues promptly.

Written by Lauren Masi, PT, DPT, OCS, ATC, and Clinical Services Director of Lafayette PT.

Arranged and Edited by Jill Ramsey, BA, Administrative Director of Lafayette PT.

For a full listing of our references visit <http://lafayettept.com/blog/????/>.

Disclaimer

This article is intended as general health information and is not intended to provide individual specific medical advice, professional diagnosis, opinion, treatment or services to you or any other individual. Please consult your doctor or a medical professional before starting or changing a health, fitness, or nutrition program.

Staff Highlights



Lori, Patient Services Rep at the Bay Area PT location just got married to husband James! Congratulations and Best Wishes!



Welcome Evan!

Billing Manager Kim and husband Chris welcomed Evan into the family! We are so very happy for them.



New Additions Coming Soon!

PT Abel and wife Alison as well as PT Naomi and husband Scott are expecting bundles of joy very soon. We're so excited for them!