

# PREVENTION IS KEY TO AVOIDING HEAD INJURY

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## HEAD INJURY PREVENTION TIPS:

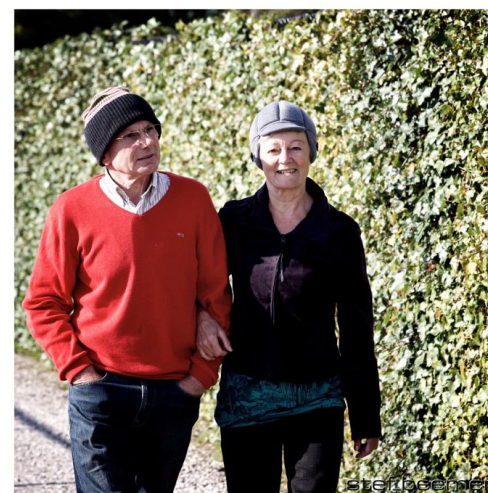
- WEAR A PROTECTIVE CAP
- MAKE SURE ALL ROOMS ARE WELL LIT
- SECURE THE BATHROOM WITH GRAB BARS AND BATH MATS
- KEEP CLUTTER TO A MINIMUM
- WEAR NONSLIP, LOW-HEELED SHOES OR SLIPPERS
- PROVIDE A WALKER OR CANE IF NECESSARY
- SOME MEDICATIONS: CAN CAUSE DROWSINESS AND/OR AN UNSTEADY GAIT.
- REMEMBER OUTSIDE HAZARDS
- HAVE REGULAR EYE AND HEARING EXAMS.
- GET REGULAR EXERCISE TO STRENGTHEN MUSCLES

### Why Wear a Protective Cap:

#### To Protect yourself from Head Injury or Death related to Falls

##### Risks:

- Low Platelet counts
- Taking any “Blood Thinning” medications
- Unsteady when walking... Especially with Walker!
- Weakness and Fatigue
- Taking Chemotherapy



### The risk is high for patients with Multiple Myeloma:

- Almost all patients with multiple myeloma develop bone disease consisting of osteolytic bone lesions. At diagnosis and throughout treatment, these result in decreased mobility, pain, metabolic disturbances from bone loss, neurologic compromises, weakness, and fatigue. This can increase your risk of falling and suffering injury.

#### References:

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### Falls are the leading cause of injury death (CDC, 2010).

- Falls account for more than 70% of all injury-related admissions to hospitals for people over 65 years of age

**Hematomas** are bleeds in the brain and can be caused by minor accident to the head, major trauma, or the spontaneous bursting of blood vessel in the brain (aneurysm).

