



State Capitol  
Room 224  
Jefferson City, MO 65101

**PETER KINDER**  
Lieutenant Governor

Contact: Gary McElyea  
573-751-1088  
Gary.McElyea@ltgov.mo.gov

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## News Release

FOR IMMEDIATE RELEASE

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### **Lt. Governor Kinder Promotes a “Falls Free Missouri”**

**ST. LOUIS** – A new study from the Centers for Disease Control and Prevention (CDC) says 47,000 elderly Americans end up in emergency rooms each year from falls while using canes and walkers.

The study from the CDC said that 90% of walking aid injuries involved walkers.

“This study is another reminder that falls can cause serious injuries for seniors,” said Lt. Governor Kinder, the Official Senior Advocate for Missouri. “Educating seniors and caretakers on the proper use of walking aids can help dramatically reduce the probability of a fall related injury.”

Last fall, Lt. Governor Kinder joined with the Missouri Department of Health and Senior Services to launch the *Show Me Falls Free Missouri* initiative, a program designed to educate seniors about fall related injuries.

Falls are the leading cause of death from injury among people 65 and older, and the leading cause of traumatic brain injury.

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*Show Me Falls Free Missouri* includes strategies recommended by the Centers for Disease Control and Prevention. To help prevent falls, seniors should:

- Exercise regularly.
- Ask their doctor or pharmacist to review their medicines—both prescription and over-the-counter—to reduce side effects and interactions.
- Have their eyes checked by an eye doctor at least once a year.
- Improve the lighting in their home.
- Reduce the hazards in their home that can lead to falls, such as loose carpets, lack of bathroom safety equipment, poor stair design, and slippery or uneven surfaces.

For more information about the *Show Me Falls Free Missouri* program visit, [www.dhss.mo.gov/showmefallsfreemissouri](http://www.dhss.mo.gov/showmefallsfreemissouri).

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