

Advertisement

consult the experts

health and
wellness edition

This advertising service is intended for information purposes only. Schedule an appointment to discuss your individual needs. Forward questions to be answered in future columns to our experts' e-mail addresses.



topic:

How can water accidents be prevented?

advice: Did you know drowning is the second leading cause of unintentional injury death for children ages 1-14? According to the CDC, more than 1 in 5 people who die from drowning are children. For every child who dies, another four are treated for submersion injuries.

So how do we prevent drowning deaths?

- **Learn to swim.** The YMCA has been teaching people to swim for more than 100 years. In addition to teaching strokes, we also focus on water safety, rescue skills and boating safety. Children as young as 6 months old can participate in our programs, and you're never too old to learn how to swim.
- **Buddy system.** Whether you're a non swimmer or an Olympic swimmer, you should never swim alone. Swimming in lifeguard supervised waters is always best.
- **Get trained in CPR.** Seconds matter and you could be the difference between death and survival. Effective CPR within three minutes of submersion will give a victim a good chance for survival.

For more information, contact me at the YMCA.



Megan Creagh
PROGRAM DIRECTOR & CERTIFIED
LIFEGUARD INSTRUCTOR

555 S. Second St.
Louisville, KY 40202
502.587.6700
www.ymcalouisville.org
mcreagh@ymcalouisville.org



topic:

Why are falls due to medications a common cause of hospital admission in people over age 65?

advice: Sedatives, anti-depressants, antihistamines, blood pressure, and anti-psychotic drugs can contribute to falls by reducing mental alertness, worsening balance and gait, and causing drops in blood pressure while standing. Also, people taking multiple medications are at a greater risk of falling. Here are some tips for prevention:

- Know the side effects of all medications taken.
- If starting a new medication, be extremely careful during the first two weeks of treatment to allow the body to adjust to it.
- Talk with your physician or pharmacist about using the lowest effective dosage, regularly assessing the need for continued medication, and the need for walking aids while taking medications that affect balance.
- Remove all out-of-date medications and those no longer taking.
- Have your pharmacist conduct a medicine review of all current medications including OTCs (over-the-counter) and herbal supplements.
- Limit intake of alcohol as it may interact with medications. Contact CNS to learn how you or someone you know could benefit from having a medication review, with our staff pharmacist.



Amy Elsbury, BSN
EXECUTIVE DIRECTOR

2301 River Road, Suite 302
Louisville, KY 40206
502.814.3111
www.cnursingsolutions.com
aelsbury@cnursingsolutions.com

