



IOA BONE & JOINT WEEK 2025

3rd to 10th August 2025

PRESIDENTIAL THEME

"OLD IS GOLD : 360° CARE FOR THE ELDERLY"

- ENSURING MOBILITY, DIGNITY, AND LONGEVITY



TEAM IOA CSRC 2025



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President State

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President District

Dr.
Secretary State

Dr.
Secretary District



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BONE & JOINT WEEK 2025

3RD AUGUST - 10TH AUGUST

BONE & JOINT DAY 2025

4TH AUGUST



FALL PREVENTION

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6 THINGS YOU CAN DO TODAY TO PREVENT A FALL





6 THINGS YOU CAN DO TODAY TO PREVENT A FALL

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Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury.
Many falls are preventable.

Prevent falls with these easy tips!



6 THINGS YOU CAN DO TODAY TO PREVENT A FALL

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1. Find a Balance and Exercise Program
2. Talk to Your Family and Friends
3. Talk to Your Doctor About Falls



6 THINGS YOU CAN DO TODAY TO PREVENT A FALL

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4. Review Medications with Your Doctor or Pharmacist
5. Take Care of Your Vision and Hearing
6. Make Your Home Safer



FIND A BALANCE AND EXERCISE PROGRAM

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FIND A BALANCE AND EXERCISE PROGRAM

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- As we age, it is common to feel unsteady or start to have a fear of falling.
- Many programs are available that help decrease the risk of falls.
- Physical activity and exercise programs improve balance, strength, and flexibility.



FIND A BALANCE AND EXERCISE PROGRAM

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- Do exercises regularly.
- Do your exercises as recommended by your doctor or physical therapist
- Take a friend or partner, you will have more fun, and will be able to motivate each other.



TALK TO YOUR FAMILY AND FRIENDS

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TALK TO YOUR FAMILY AND FRIENDS

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Family and friends can play an important role in
keeping you falls free.

They support you for all events in your life and can
also help you be independent and safe from falls.



TALK TO YOUR FAMILY AND FRIENDS

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Start off Small -

- Have a one-on-one conversation with a trusted friend or family member about your concerns about falls.
- They might have ideas and solutions.



TALK TO YOUR FAMILY AND FRIENDS

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Ask for Help and be specific -

- The more information you share, the more your family can help you.
- Ask them to help you find information that would be most helpful to you.



TALK TO YOUR FAMILY AND FRIENDS

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Involve the Family -

- Share with your family any upcoming medical appointments, what medications you are taking
- Any current problems or concerns you have.



TALK TO YOUR FAMILY AND FRIENDS

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Keep Talking -

- One conversation is often not enough
- Keep revisiting the topic with your family and friends
- Let them know if your needs change or grow



TALK TO YOUR FAMILY AND FRIENDS

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Be Assertive -

- Be clear and confident as to what you need.
- Ask your family members to help you with actions you are taking to prevent falls, such as adding grab bars in the bathroom.



TALK TO YOUR DOCTOR

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TALK TO YOUR DOCTOR

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**More than one in four older adults falls each year,
but only half tell their doctor.**

**It is important for your doctor to know about any
health problems.**

**You should also let them know your concerns about
balance and falls.**



TALK TO YOUR DOCTOR

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Write a List of Things You Want to Talk about -

- Before your appointment, create a list of health topics you want to talk about, including balance and falls.
- This outline will help you remember your conversation points and questions.



TALK TO YOUR DOCTOR

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Ask for a Falls Risk Assessment -

- If you have fallen, have trouble walking, or feel unsteady talk to your doctor about having a falls risk assessment.



TALK TO YOUR DOCTOR

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Talk about Other Specialists -

- To reduce your risk of falls and help improve balance, strength, medication use, vision and hearing
- Ask your doctor if you would benefit from seeing a physical therapist, occupational therapist, or other specialists to.



TALK TO YOUR DOCTOR

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Be Honest about Your Concerns -

- Tell your doctor if you have fallen and share as many details as possible.
- The more your doctor knows, the more they can help you.



TALK TO YOUR DOCTOR

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Take Notes and Ask for Notes -

- Bring a notepad and pen to write down any important information your doctor shares with you.
- Ask if you can record the appointment so you can go back and listen.
- This helps to remind you of information shared during the appointment.



TALK TO YOUR DOCTOR

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Ask your Doctor Questions -

- If there is anything you do not understand, ask your doctor again.
- Repeating information back to the doctor will help you remember and let the doctor know you understand the information.



REVIEW MEDICATIONS

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REVIEW MEDICATIONS

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Many people take more than one prescription and use over-the-counter medications.

As we grow older and our bodies change, taking multiple medications increases the chance of side effects, drug interactions, and risk of falling.



REVIEW MEDICATIONS

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Take Medications Only as Prescribed -

- Follow medication instructions such as when to take, how often, how much, and with or without food.
- **DO NOT** skip doses, take multiple doses, or take any medications that were not prescribed to you.



REVIEW MEDICATIONS

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Keep the List of Medications UP-to-Date -

- Prescriptions taken by mouth
- Applied to the skin
- Eye drops
- Injectables
- Over-the-counter medications
- Herbal supplements
- Vitamins and minerals.



REVIEW MEDICATIONS

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Set Reminders for a Medication Review -

- Bring the medication list to your doctor or local pharmacist, have them reviewed, and ask questions about your medicines.



REVIEW MEDICATIONS

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Set Reminders for a Medication Review -

- Make sure to get your medications reviewed at least once a year, and also whenever a new medication is added or your health changes.



REVIEW MEDICATIONS

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Report Side Effects -

- Some medications can cause side effects such as:
 - feeling dizzy or woozy
 - sleepy during the day, or confused
 - needing to urinate more often
 - affecting coordination in your legs.
- Talk with your doctor if you are experiencing these problems.



REVIEW MEDICATIONS

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Stick to One Pharmacy -

- Using one pharmacy will keep you safer as the pharmacist tracks all the medicines you are taking.



REVIEW MEDICATIONS

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Stick to One Pharmacy -

- They can contact your doctor if they identify any medicines that do not work well together, that may be a duplicate of another medication you are taking, or if you have been prescribed too high a dose.



TAKE CARE OF YOUR VISION AND HEARING

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TAKE CARE OF YOUR VISION AND HEARING

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Being able to see and hear well is important
for good balance.

Poor vision and hearing loss can increase
the risk of falls.



TAKE CARE OF YOUR VISION AND HEARING

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Get an Eye Exam Every Year -

- Remember to have a dilated eye exam once a year to update your glasses and to detect eye diseases, like cataracts and glaucoma.
- Early detection and treatment can help protect vision and prevent vision loss and falls.



TAKE CARE OF YOUR VISION AND HEARING

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Wear Glasses Properly -

- Use prescribed glasses and avoid wearing sunglasses inside.



TAKE CARE OF YOUR VISION AND HEARING

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Be Safe while wearing Bifocals -

- Bifocals can make your vision blurry when navigating steps, curbs, or edges, especially while outside.



TAKE CARE OF YOUR VISION AND HEARING

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Be Safe while wearing Bifocals -

- If you wear bifocals, tuck your chin in when stepping over curbs and on stairs to look through the distance portion of your glasses, which provides a clearer view.



TAKE CARE OF YOUR VISION AND HEARING

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Check for Hearing Changes -

- Get a hearing test once a year.
- Receive treatment if any hearing loss is identified.



TAKE CARE OF YOUR VISION AND HEARING

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Light It Up -

- Add a nightlight in the bedroom, bathroom, and hallway.
- It helps you navigate in the dark and find the light switch.



MAKE YOUR HOME SAFER

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MAKE YOUR HOME SAFER

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Thousands of older adults fall at home each year
due to common household hazards.

Make sure your home is safe and help prevent falls.



MAKE YOUR HOME SAFER

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Clear the Way -

- Remove tripping hazards, like throw rugs, cords, or clutter on the floor.
- Move furniture to create a path for safe movement.



MAKE YOUR HOME SAFER

STATE
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Secure Some Support -

- Buy a shower seat, grab bar, and an adjustable-height handheld showerhead to make bathing easier.



MAKE YOUR HOME SAFER

STATE
LOGO

Light it Up -

- Replace lightbulbs with bright, non-glare bulbs to help you see around the house.



MAKE YOUR HOME SAFER

STATE
LOGO

Have a Seat -

- Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.



MAKE YOUR HOME SAFER

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Store for Success.

- Keep frequently used items between waist and shoulder height.
- It is easier to access without the need for a stepstool or unsafe reaching.



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